

Entertainment

Nickelback wins big at Juno awards
pg 16



The world's largest global newspaper

metr



HALIFAX • MONDAY, MARCH 30, 2009

metronews.ca



EASY MONEY WEEKDAYS
@ 8:13, 12:13 & 4:13

Raising Atlantic's energy standing

FUNDING The federal government is investing up to \$4 million for the development of clean and renewable energy resources in Atlantic Canada.

The Atlantic Energy Gateway Initiative was announced yesterday by Atlantic Gateway Minister Peter MacKay and Natural Resources Minister Lisa Raitt.

The idea is to raise awareness of Atlantic Canada being a critical supplier of energy while promoting its capability of becoming a leader in clean and renewable energy around North America.

The four Atlantic provinces are being invited to be part of an Atlantic Energy Gateway Committee whose purpose is to advance the growth of the region's renewable energy sector.

METRO HALIFAX

Sunny Side

Now that spring is here, Metro is looking at the sunnier side of life.

Local
• **Cheering up a storm at Cheerleading Expo, pg 2**

Comment & Views

• **Anne Hines kicks off our new series, pg 8**



Local pg 3

Earth Hour ceremony draws crowd

Business pg 11



Theme parks feeling pinch

Cheerleading Expo



The Cape Power Cheerleading Heroes compete in the open category at the Cheer Expo Nationals yesterday afternoon at the Halifax Forum. About 3,500 cheerleaders from four provinces took part in the annual event. Story, pg 2.

Does size matter?

UARB decision could pave way for two new developments

PAUL MCLEOD
paul.mcleod@metronews.ca

Halifax Regional Council hasn't voted yet on allowing two massive developments for the downtown to go ahead, but the debate might already be over.

A decision last week by the Utility and Review Board could allow the projects to move forward regardless of how council votes.

The buildings near Barrington and Sackville streets would be three times taller than height restrictions proposed under HRM-byDesign. But they, and two other developments, could be grandfathered because HRMbyDesign hasn't been approved yet. Some councillors argued strongly against the grandfathering last Tuesday at HRM's weekly council meeting. However, on Thursday the UARB overturned council's blocking of a waterside development. The UARB ruled it went against the Municipal Planning Strategy.

That same strategy has a clause saying developments must be considered under the laws of the day. That could open up the

door for developers to a successful appeal, even if council votes against grandfathering. That's been enough to change the mind of Downtown Halifax Coun. Dawn Sloane, who argued against grandfathering last week but now is in favour of it.

"If this went to court, how would it play out?" Sloane said. "And I'm thinking, in our own policies it states that we're to judge things through the policy of the day."

"I'm concerned about that. And it's not that I'm chickening out or anything," Coun. Dawn Sloane said.

that I'm chickening out or anything, I'm just looking at ... what is the technical way we should be doing this?" Eastern Shore-Musquodoboit Valley Coun. Steve Streach said developers invested in the projects in good faith and it would be unfair to block them. Clayton Park West Coun. Mary Wile, a vocal opponent of grandfathering last week, said she might vote for it as well. But she still opposes the two developments.

"They'll totally ruin the landscape of Barrington Street that was planned," she said.

Haligonians favour splitting the municipality: Poll

RESIDENTS A new poll shows residents of the Halifax Regional Municipality continue to be in favour of breaking into two municipalities, one for urban residents and one for rural areas.

The Corporate Research Associates poll released Friday had support for divid-

ing the municipality into two units at 51 per cent. About one-third of the 407 adults polled opposed the idea (36 per cent), while the rest (13 per cent) did not offer a response.

The results, which are accurate within 4.9 percentage points, or 95 times out of 100, are nearly identical to an earlier study from November. Urban residents were found to be slightly more in favour of the split than rural residents. Another new CRA poll shows that people are happy with council and Mayor Peter Kelly overall, but are less happy with specific issues.

When asked generally if they were satisfied with their municipal government, 66 per cent said they were, with only 24 per cent dissatisfied. Council also scored well on the issue of crime and public safety. However council scored negatively for most other issues. Less than half

of residents said council performs well in public transportation, downtown development and property taxes. The lowest-rated issues were traffic congestion (56 per cent rated council poorly) and conditions of streets and roads (74 per cent negative rating).

METRO HALIFAX

The federal and provincial governments are investing a total of \$22 million for a new multi-purpose wellness centre in Pictou County. The announcement made on Friday will see the wellness centre be a regional facility with health and wellness as its major focus. **METRO HALIFAX**

Local



People want tough rules for credit cards

Eighty-two per cent of Canadians who own credit cards support tighter rules for the credit card industry, according to a national poll commissioned by the Canadian Federation of Independent Business. Amongst Atlantic Canadians, that number is even higher at 87 per cent. Nationally, only 14 per cent were strongly or somewhat opposed to tighter rules.

METRO HALIFAX

The kids know how to cheer

3,500 cheerleaders perform at national competition on the weekend

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Warning — the following may make you feel old: At 15, cheerleader Hana Conevska is a little worried about the younger generation.

"It's intimidating for us because you see those little kids go out on the floor and do tricks and tumbling things that we're doing now and they're pulling it off better than we are," said the Dartmouth Spartans cheerleader yesterday.

About 3,500 cheerleaders from four provinces descended on the Halifax Forum over the weekend for the annual CheerExpo Cheerleading and Dance Nationals. Kids as young as three performed their routines in front of the judges with hundreds of spectators watching.

On the other end of the spectrum were the high school, university and adult divisions.

Eleven-year-old Savana Cail is a three-year veteran.

"You walk around and they're like 'oh look at



The Halifax Cheer Elite Large Junior Team salute the crowd before competing at the Cheer Expo Nationals 2009 yesterday at the Halifax Forum.

the cute little girl.' It makes me feel kind of little, but it feels good being

cute," she said, still pumped from her 9:40 a.m. performance yesterday.

Conevska said the younger girls remind her

SunnySide

of her beginnings in cheerleading.

"They're like our minis, like our little sisters kind of," Conevska said. "It's a lot of us that's what we looked like a couple years ago."

Some of the junior teams hoisted girls and tossed them in the air — no doubt making more than one parent's heart stop — just as easily as the more senior teams.

Cail and her West Halifax Cheer Comets teammate Amy Nelson were up around 6 a.m. yesterday to get dressed and glittered for the final day of competition.

"You get really nervous," said nine-year-old Nelson, whose voice was fading out from yelling cheers at the top of her lungs for two days.

"My mom even has a shirt that says 'if cheerleading was easy they'd call it hockey,'" added Cail.

"Hockey's a really easy sport because you just have to skate around with a stick."

Pair nabbed for shooting incident

ARRESTS Two men were quickly arrested after a shot was fired on McAlpine Avenue in Halifax early Saturday morning.

Halifax police say an officer was on McAlpine when he heard what sounded like a gun shot.

Shortly after he saw a vehicle coming down the street, which he stopped on Connaught Avenue.

The officer searched the car and found a handgun and two men were arrested.

Spent shell casings were found on McAlpine Avenue, but there's no word on what or who the target might have been.

The two will appear in court at a later date to face numerous firearms related charges. The final charges have not yet been determined.

METRO HALIFAX

Changing minds, habits about cancer

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

CANCER Many people think getting cancer is just the luck of the draw.

A new poll found 43 per cent of Canadians think this way, but new research shows one-quarter to one-third of all cancers can be prevented with a healthy lifestyle.

It's this groundbreaking evidence that links diet, exercise, and weight management to preventing cancer which sparked an international symposium in Halifax starting today.

"What will come out of this is a change of thinking, it will be a new look and understanding of the evidence. It will be more compelling change opportunities," said Theresa Marie Underhill, CEO of



Jim Hardy, a personal trainer at the Clayton Park Nubody's, does some squats on Wednesday. New scientific evidence shows that a healthy lifestyle prevents several types of cancer.

Cancer Care Nova Scotia. "Just imagine the impact if we take what we know

and apply it." More than 120 people from a number of sectors

will ruminate on how to start a wave of societal change that will lead to few diagnoses of cancer. An estimated 74,000 Canadians die of some form of cancer every year.

Based on their own research in Nova Scotia, Underhill said most people — at around 72 per cent of those polled — think cancer is the greatest risk to their health. Getting the word out about how people can prevent this disease in the first place is crucial.

"Information is knowledge and knowledge is power. We're putting the power with individuals to make a difference for themselves and change their luck, quite frankly," she said.

"Not too many times you have the opportunity to change your luck."

Lehman Bros. failure costs HRM pension

BANKING The collapse of investment banking giant Lehman Brothers has allegedly caused \$47 million in HRM workers' pension funds to disappear.

The HRM Pension Committee is now going to court to try to get the money back.

According to allNova Scotia.com and the CBC, the committee is suing State Street Bank and Trust Company for transferring funds to Lehman Brothers without telling them.

AllNova Scotia.com reports that a filing dated March 25 in the Supreme Court of Nova Scotia alleges State Street transferred the \$47 million sometime after August "without the knowledge or authorization of the committee and contrary to the best interests of the committee."

Lehman Brothers filed for bankruptcy last September.

METRO HALIFAX

News in brief

ROBBERY Two employees at the Bedford Arby's were forced to the ground as a man wearing a black mask stole an undisclosed amount of money before fleeing on foot late Thursday evening.

FIRE A house near Tantallon was destroyed by fire on Thursday night resulting in a family of five losing their home and belongings. The family wasn't home at the time and there were no injuries.

METRO HALIFAX

metronews.ca

What's online today.

Blogs It's Called Football Weekly welcomes SI.com's Ives Galarcep to chat about the MLS and Kenya Hunt shows off one-of-a-kind rings
Video Market watchers optimistic about gains in April at metronews.ca/canada

Lotteries

Friday, March 27

Lotto Super 7: 8, 10, 14, 18, 28, 30 & 36. Bonus 25.

Saturday, March 28

Lotto 6/49: 6, 10, 33, 39, 40 & 48. Bonus 43. These results are not official.

Premier's award deadline fast approaching

The deadline for nominations for the first annual Premier's Power of Positive Change Award is tomorrow. The award program honours students who are making a difference in their schools and communities. For more information, including the nomination forms, visit powerofpositivechange.ca. **METRO HALIFAX**

City embraces dark side for Earth Hour

JON TATTRE
for Metro Halifax

Halifax joined the global Earth Hour celebrations Saturday, holding a big lights-out party on the Parade Square to urge people to cut consumption and better care for the planet.

HRM Mayor Peter Kelly counted the crowd of 300 down and then, with the help of a panda, flicked the switch to darken city hall. A technical glitch meant the power went out, too, leaving the stage in silence as well as darkness for a few minutes.

"For our children and our grandchildren, it's clear we have to do it for the future," Kelly said. "Slowing global warming is imperative. It's something we don't usually think of; this gives us a

"People are losing touch with the night sky. It's sad."

Dave Chapman, Astronomy Nova Scotia

chance to see what we can all do together. One small event can make a big change."

He added the city is using Earth-friendly geothermal technologies in the new Alderney Landing project and is planning on installing less wasteful lighting in the Parade Square.

The city was dusky rather than dark, as many businesses kept the lights on for customers.

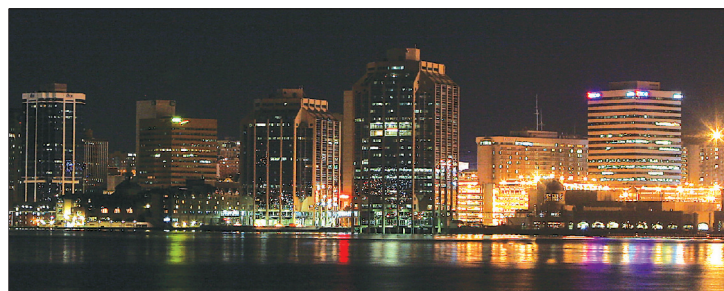
Astronomy Nova Scotia took advantage of the darkened skies with a free telescope display. The clear night afforded close-up views of the moon, Saturn and an impressive fly-by from the International

Space Station.

"It's our number one obstacle: trying to find a place we can go in the city (dark enough) to set up and show people the night sky the way it should be," said organizer Dave Chapman. "People are losing touch with the night sky. It's sad."

Stacey McCarthy of the World Wildlife Fund was happy with the turnout, but a little disappointed with the limited business participation.

"We hope there's a day we don't have to have Earth Hour every year," she said. "It grew astronomically from last year. I think next year will be a really big event."



The Halifax skyline is seen on Thursday night, above, and during Earth Hour on Saturday, below.

City shakes off winter as temperatures rise

PHILIP CROUCHER
philip.croucher@metronews.ca

Oh, sunny, warm days. Don't they feel good?

After a long winter of cold temperatures and plenty of snow, the second weekend of spring brought mostly sunny skies and temperatures in the double-digits throughout the municipality.

This beautiful March weather was enjoyed by the masses as parks, boardwalks and busy streets were bustling with people enjoying the first taste of warm weather since the fall.

"It breaks the cabin fever," as Darren Steeves of Halifax put it.

Steeves and his three-year-old daughter Abby were out enjoying the day at the Halifax Common playground around noon-

time yesterday. The playground was full of kids and parents, most of whom traded in winter jackets for spring ones.

"It's a great chance to get the kids out," Steeves said of the warmer weather. "That's what we've been doing all weekend. We've been to four parks in two days."

Nearby at the Halifax Common skate park, 19-year-old Alex McQuat was out on his bike doing tricks and spending time with friends.

McQuat also used the skate park in the winter, but that meant bringing a shovel and wearing a winter jacket.

"First time being in a T-shirt," he said smiling as the warm sun beat down. "I'm hoping it continues."

Well, not today, anyway. Today's forecast calls for rain, with a high of 2 C.



Darren Steeves pushes his three-year-old daughter Abby on a swing yesterday at the Halifax Common playground.

Province unveils tourism ad campaign for spring

JENNIFER TAPLIN
jennifer.taplin@metronews.ca

Ah spring: birds are chirping, flowers are growing, and tourism ads are proliferating.

National Nova Scotia ads are airing now, trying to lure tourists to the province by showing them the scenery, culture and people here.

"This campaign portrays authentic Nova Scotians and experiences," said John Somers with the Department of Tourism, Culture and Heritage.

"Nova Scotia's scenic beauty, rich heritage and vibrant culture create

memorable experiences for visitors and this campaign entices everyone to experience it for themselves."

The national ads will run on the Discovery, HGTV, Bravo and Food Network specialty channels.

And this year, the tourism department is sinking its teeth deeper into sites like Facebook, Twitter and YouTube. They're also focusing particularly on the United Kingdom, Western Canada and a stronger regional campaign.

The regional campaign, consisting of television, newspaper and online ads, will start up April 27.

Massive ice piles trapping boats off Cape Breton coast

SHIPS Strong northeasterly winds have blown huge pyramids of ice along the eastern coast of Cape Breton, making it difficult for ships to navigate under increased pressure.

For the last few days, Marine Atlantic passenger ferries have required the assistance of Canadian Coast Guard icebreaker, the Louis S. St. Laurent, to escort them during regular runs across the Cabot Strait to Newfoundland.

The St. Laurent is considered Canada's largest and most powerful icebreaker.

"Because the ice cannot go anywhere any ship ... coming in that area will encounter a lot of pres-

sure, so it's hard for the ship to move," said Nat-acha Riendeau, Halifax ice superintendent for the Canadian Coast Guard.

Riendeau said any ferry or commercial ship that runs into an area of piled-up ice, called ridging, will be forced to stop as most don't have enough power to push it aside.

Some of the highest ice formations can be seen in areas off New Victoria.

The largest are believed to reach as high as a one-storey house with the ice fields stretching out as far as 30 kilometres away from the Cape Breton shoreline.

CAPE BRETON POST

Cuts to Maritime Fall Fair could mean move to Truro

AGRICULTURE A decision to eliminate agricultural competitions from the Maritime Fall Fair in Halifax has raised the possibility of moving the event to Truro.

"If it did get moved back to Truro you would see a big, big difference in gate (attendance)," said Wendy Angus, fair board member with the fair.

Angus was one of about 30 people who attended a meeting last Friday in Truro with executives from the World Trade and Convention Centre and Events

"If it did get moved back to Truro you would see a big, big difference in gate (attendance)."

Wendy Angus, fair board member

Halifax, who manage the annual fall fair.

The farmers, breeders and others with agricultural interests in attendance expressed disappointment and frustration over recently learning that cattle (beef and dairy) and sheep showing competitions will not be held next fall because of cutbacks to the

fair's lineup.

Scott Ferguson, executive vice-president of the trade centre, confirmed to the group that the fair will be cut from its regular 10-day schedule to a five-day event because of ongoing financial losses the Crown corporation has experienced over the 10 years it has hosted the fair.

The beef aspect of the competitions is being blamed for the \$50,000 loss for last year's fair, a factor questioned by some in attendance who expressed a strong desire to see the agricultural competitions continued.

"We will work with you on that," Ferguson said, "but the fair can't pay for it. We can only do that if it will pay for itself."

That prompted questions from the floor about the possibility of an outside group taking over the fair and moving it to Truro.

TRURO DAILY NEWS

Flood-fighting preparations continued in earnest in southern Manitoba yesterday as freezing weather proved a mixed blessing. Temperatures below the freezing mark gave officials time to continue sandbagging efforts in communities north of Winnipeg. **CBC NEWS ONLINE**

Canada



Fugitive cows set for auction

Life on the lam was pretty good for a couple of Clarington, Ont., cows. But the party's over for the 750-pounders who escaped from no-one-knows-where last fall and spent the winter playing hide-and-seek with country folk. On Thursday, April 2, the cattle — steers, to be anatomically correct — will go on the auction block for the final leg of their journey, destination: barbecue grill. Surprisingly, no one steaked a claim to the critters, even after the municipality ran ads in the local paper. **TORSTAR NEWS SERVICE**

PM touts Canadian economic strength

POLITICS Canada is emerging from the global credit meltdown with "probably the only truly free-market financial system in the world," Prime Minister Stephen Harper said yesterday during a series of interviews in advance of the G-20 summit in London.

In a series of interviews yesterday aimed at audiences in Canada and the United States, Harper boasted about the strength of Canada's banking system, painted the country as a mere victim in the economic tsunami and praised U.S. President Barack Obama's new Afghanistan policy, saying it mirrored Ottawa's own approach.

Speaking with Fox News for the second time in a month, the prime minister described the Canadian approach to banking regulation as "the happy medium" that neither discourages entrepreneurship nor lends itself to risk. **TORSTAR NEWS SERVICE**

News in brief

COURTS The Ontario provincial government's net financial loss in the controversial corruption case involving Ontario Realty Corp. could increase by several more millions of dollars if defendants are successful in overturning a court judgment. **TORSTAR NEWS SERVICE**

Cyber spy network uncovered

Operation infiltrated government offices, Canadian researchers say

Canadian researchers have uncovered a vast electronic spying operation that infiltrated computers and stole documents from government and private offices around the world, including those of the Dalai Lama, The New York Times reported Saturday.

In a report provided to the newspaper, a team from the Munk Centre for International Studies in Toronto said at least 1,295 computers in 103 countries had been breached in less than two years by the spy system, which it dubbed GhostNet.

Embassies, foreign min-

istries, government offices and the Dalai Lama's Tibetan exile centres in India, Brussels, London and New York were among those infiltrated, said the researchers, who have detected computer espionage in the past.

They found no evidence U.S. government offices were breached.

The researchers concluded that computers based almost exclusively in China were responsible for the intrusions, although they stopped short of saying the Chinese government was involved in the system, which they de-

scribed as still active.

"We're a bit more careful about it, knowing the nuance of what happens in the subterranean realms," said Ronald Deibert, a member of the Munk research group, based at the University of Toronto.

"This could well be the CIA or the Russians. It's a murky realm that we're lifting the lid on."

A spokesman for the Chinese Consulate in New York dismissed the idea China was involved. "These are old stories and they are nonsense," the spokesman, Wenqi Gao, said. "The Chinese govern-

ment is opposed to and strictly forbids any cyber-crime."

The Toronto researchers began their sleuthing after a request from the office of the Dalai Lama, the exiled Tibetan spiritual leader, to examine its computers for signs of malicious software, or malware.

The network they found possessed remarkable "Big Brother-style" capabilities, allowing it, among other things, to turn on the camera and audio-recording functions of infected computers for potential in-room monitoring, the report said. **REUTERS**

Community lauds new gay rights proposal

ALBERTA A proposal to include sexual orientation in Alberta's human rights legislation is being applauded by Edmonton's gay and lesbian community, but it says it's long overdue.

Alberta Culture Minister Lindsay Blackett has introduced some changes to modernize the legislation this spring.

And while people within Alberta's gay and lesbian community are already protected as a result of a 1998 Supreme Court decision, Blackett says his amendments would bring Alberta's human rights laws in line with other provinces and the court decision.

"This could have been done in 1998, when the Supreme Court of Canada told them to do it," said Kris Wells, who works at the University of Alberta's Institute for Sexual Minority Studies and Services.

"The fact that this wasn't done was a slap in the face to the (gay and lesbian) community. Then Premier (Ralph) Klein refused to do what the court had ordered."

Wells believes the change in government has resulted in the human rights shift that will make Alberta's gay and lesbian community "respected like any other community." **METRO CANADA**

Biker gangs Calling it quits



Mario Parente, former Canadian president of Outlaws Motorcycle Club, the world's third largest biker gang behind Hells Angels and the Bandidos, rides his motorcycle. Parente, a lifelong outlaw biker, has resigned as president in a recent interview.

Judge to rule today on ban of British MP

COURTS A federal court judge says he won't rule until today on whether to overturn a government decision to bar British MP George Galloway from speaking in Canada this week.

Canadian lawyers for Galloway told Justice Luc Martineau that if a decision in the anti-war MP's favour is delivered by 2 p.m., Galloway could still make his 7 p.m. Toronto engagement.

Galloway was to speak about the war in Afghanistan and the Middle East conflict this week, but officials with the Cana-

Ottawa's reason

- The designation comes from Galloway's participation in what his lawyers called a "humanitarian convoy" to Gaza. Ottawa also said Galloway's contribution of \$45,000 to the Hamas government — officially labelled a terrorist organization here — makes him a terrorist supporter.

da Border Services Agency notified him he was flagged as a terrorist sympathizer and slammed the door. **TORSTAR NEWS SERVICE**

CANADIAN VISAS GUARANTEED!

If you believed this ad, you are at risk of being cheated by a dishonest immigration consultant.
Find out how you can protect yourself at www.cic.gc.ca/fraud



Citizenship and
Immigration Canada

Citoyenneté et
Immigration Canada

Canada

The Comwave GUARANTEE

- No Matter Where you Call,
- No Matter What you Pay
- Comwave will Beat it...
Guaranteed!

Middle East



Bahrain.....5.9 ¢ Kuwait.....6.9 ¢
Egypt.....14.9 ¢ Oman.....17.9 ¢
Iran.....3.9 ¢ Saudi Arabia.....3.9 ¢
Iraq.....4.9 ¢ Syria.....18.9 ¢
Israel.....2.9 ¢ U.A.E.....19.9 ¢

Latin America



Haiti.....16.9 ¢ Bolivia.....6.9 ¢
Honduras.....15.9 ¢ Chile.....2.9 ¢
Panama.....3.9 ¢ Colombia.....3.9 ¢
Uruguay.....7.9 ¢ Dominican Rep.....6.9 ¢
Venezuela.....2.9 ¢ Mexico.....2.9 ¢

South Asia



Bangladesh.....3.9¢
Bhutan.....15.9¢
Maldives.....16.9¢
Nepal.....7.9¢
Sri Lanka.....11.9¢
Afghanistan.....24.9¢

Even if you are paying less, call us and we'll beat it... **GUARANTEED!**

**Unlimited Calling To
Anywhere In Canada \$5**
You can even call from your
CELL PHONE! /month

Limited Time Offer

Call Now And Get
Free Long Distance **\$25**



Call Long Distance Even
From Your Cell Phone

- ✓ No need to cancel your service provider.
- ✓ \$10 Free Long Distance for every friend you refer
- ✓ No Contracts



The Comwave Global Bundle
Call Over 20 Countries from only

\$10/month = **1000** Minutes per Month = **1¢**/min

Argentina Belgium Brazil Canada China Denmark France



Germany Hong Kong Ireland Israel Italy Mexico Poland



Portugal Russia Singapore Spain Sweden UK USA



only **1¢** /min



1-866-519-8090

comwave.ca

Home Phone Lines: * VoIP 911 has certain limitations versus traditional 911. The rate of \$14.95 is based on a 2 year term. † The option to keep your existing phone number may not be available in all areas. . Unlimited Canada does not include calls to the Yukon and N.W.T. Comwave guarantees to match or beat your rate today and forever. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. † The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paulo. Calls to Mexico on this bundle are to Mexico City and Monterrey. Calls to Russia on this bundle are to Moscow and St.Petersburg. † The \$25 coupon will be mailed and must be returned for credit to be applied to account.

French pole vaulting champion Romain Mesnil has run naked with his pole through the streets of Paris and posted the video on the Internet, hoping to draw attention to his quest for a new sponsorship deal. **REUTERS**

World



U.K. politician in adult film scandal

Home Secretary Jacqui Smith who is in charge of British security, was forced to apologize yesterday for using public money to pay for adult films. In the latest in a series of political controversies over lawmakers' expenses, Smith, already under investigation over her housing allowance, said she mistakenly claimed for pay-per-view television when she submitted a bill for her Internet connection. **REUTERS**

6 shot dead in nursing home

Suspect, five others injured in rampage at Alzheimer's care facility

Six people were killed and five injured in a shooting yesterday at a nursing home in the southeastern U.S. state of North Carolina, police and local TV said.

The incident occurred at the Pinelake Health and Rehab Center in Carthage, a small town about 15 miles north of Fort Bragg, home of the Army's 82nd Airborne Division.

"There are six (people)

that have been confirmed dead and there are five others injured," an officer at the Moore County Sheriff's Office told Reuters, although he gave no more details and referred calls to the Carthage police.

North Carolina's WRAL TV station quoted Carthage police as saying that a gunman walked into the 90-bed nursing home, which offers care for Alzheimer's sufferers, and

shot dead six people.

WRAL cited Carthage Police Chief Chris McKenzie as saying the injured people, as well as the alleged shooter, who was also injured, were taken to Moore Regional Hospital.

McKenzie did not immediately offer a motive for the shooting.

A hospital spokeswoman, Emily Sloane, told CNN six people were treated at the hospital, al-

though one had already been discharged.

It was the third major shooting to occur in the southeastern United States this month.

On March 10, a 28-year-old in Alabama killed 10 people in a shooting spree that ended when he took his own life. A few days later in Miami, a Cuban immigrant shot and killed four people, including his estranged wife. **REUTERS**

19 killed in collapse after Ivory Coast soccer match

ABIDJAN At least 19 people were killed in a stadium crush during a World Cup qualifier between Ivory Coast and Malawi in Abidjan yesterday.

A rush by spectators led to the collapse of a wall, medical officials told Reuters. Police then fired tear gas to clear the crowd, causing a stampede which also left many people seriously injured.

The tragedy followed similar incidents which have marred international matches in Africa in the last decade, including two separate ones in Zambia and the death of 13 people in Zimbabwe nine years ago.

FIFA instigated a pro-

gramme of stadium inspections across Africa before the 2010 World Cup qualifiers and Abidjan's Felix Houphouët-Boigny Stadium was passed as safe for international matches.

On the field, Chelsea striker Didier Drogba marked his return to competitive international football with two goals to lead Ivory Coast to a 5-0 win over Malawi.

The Chelsea striker, who missed the first six qualifiers due to a knee injury, converted a seventh-minute penalty and followed up with a 27th-minute goal as the Elephants romped home in Abidjan in their Group E opener. **REUTERS**

North Dakota school flooded after dike fails

FARGO A dike holding back the swollen Red River failed yesterday and swamped a school, but a backup dike contained the spill and cold weather favored repair efforts.

No one was injured in the spill, U.S. Army Corps of Engineers spokesman Frank Worley said.

Engineers noticed shifting in the permanent earth dike near the private Oak Grove Lutheran School in Fargo Saturday and had tried to shore it up with more sandbags. Another dike location had been shored up, he said.

The Corps is overseeing efforts by hundreds of National Guard troops, local residents and volunteers to reinforce and raise sandbagged barriers, dikes and other floodwalls.

The river's level continued to edge lower and was 40.15 feet yesterday, down from a record 40.82 feet on Saturday. **REUTERS**

U.S. won't down N. Korean missile

ARMS The U.S. has no plans to shoot down a missile North Korea plans to launch in a test Washington sees as a step toward developing an intercontinental ballistic missile.

U.S. Defense Secretary Robert Gates said North Korea says it will launch a communications satellite between April 4 and 8, but regional powers believe it will test a long-range missile, which is already thought to be on its launch pad. **REUTERS**

Russia Calls for Putin's resignation



Supporters of the Russian opposition party United Civil Front leave their signatures to call for the resignation of Prime Minister Vladimir Putin in Moscow yesterday. Russian President Dmitry Medvedev stressed in a BBC interview yesterday that he alone rules Russia and not former president Putin.

99 dead in Indonesia after dam bursts

JAKARTA The death toll from a burst dam which unleashed a wall of water on the outskirts of the Indonesian capital rose to 99 and authorities were searching for than 100 people still missing, officials said on Saturday.

Volunteers joined hun-

dreds of rescue workers scouring through the rubble and a nearby river, officials said, after the Dutch colonial-era Situ Gintung dam collapsed early Friday.

Heavy rain overflowed the dam's wall, sending water and mud crashing into a crowded residential

area nearby.

While landslides and floods are fairly common during the rainy season in Indonesia, the latest disaster was probably caused by a combination of torrential rain and poor maintenance, officials said. **REUTERS**

News in brief

SCIENCE South American glaciers are a source of puzzling layers of dust in Antarctic ice, according to a study that might help improve climate change forecasting. Scientists have long thought that dust

entombed in the ice was a sign that the world went through drier or windier periods during the past 70,000 years. But they could find no evidence in other parts of the world to back up that theory.

HOLOCAUST Palestinian officials in the occupied West Bank have shut down a youth orchestra because it performed before Holocaust survivors at a concert in Israel. **REUTERS**

Colombian man accused of fathering 8 with daughter

BOGOTA A Colombian man accused of sexually abusing his daughter from a young age and fathering eight children with her was arrested Saturday, causing an outcry over the lack of child protection in the Andean nation.

Arcebio Alvarez, 58, was led away in handcuffs by agents from Colombia's attorney general's office after his daughter told police that he had abused her since she was a young girl.

Alba Nidia Alvarez, 35, from the central town of Mariquita, said an evangelical Christian pastor had convinced her to come forward about the alleged abuse.

"I took this decision according to the will of God, thanks to a pastor who prayed for me many times," she said in an interview with the daily news-

Life sentence?

Child welfare authorities have called for a sentence of life in prison should Arcebio Alvarez be convicted, saying there are hundreds of thousands of child sexual abuse cases in Colombia that are not being prosecuted.

paper El Tiempo. "That is what gave me the strength."

Alba Nidia's mother died when she was five, leaving her under the care of her father, who has been branded "the monster of Mariquita" by the local press. The eight children are between the ages of one and 19 and have been placed under state care.

Arcebio Alvarez was due to make his first court appearance later Saturday. **REUTERS**

U.S. to help Pakistan: Obama

POLITICS The United States will give Pakistan the tools it needs to defeat al Qaeda, but it expects accountability in return, President Barack Obama said in an interview about his new Afghan strategy aired yesterday.

On CBS's Face the Nation program, Obama also said if the United States had al Qaeda leaders in its sights in Pakistan, it would go af-

ter them after consulting Pakistani authorities.

The president's comments came in an interview conducted Friday, the day he announced a new war strategy for Afghanistan that called for the elimination of al Qaeda militants he said were plotting attacks on the United States from the rugged region along the Afghan-Pakistan frontier. **REUTERS**



the Art of cooking local

A celebration of seasonal tastes.
Look for our seasonal recipe cards and calendar for inspiration.

The Art of Cooking Local promotes the idea of simple combinations of flavours that are seasonally available and go naturally together. Try it for yourself and see how the flavour of peas benefits from a bit of fresh mint or sample the delicious and popular combination of vine-ripe tomatoes and basil.

Possibly the best part of eating seasonally is getting to enjoy local foods harvested at the peak of perfection. They are guaranteed to be ripe, flavourful and delicious. Of course, the seasons don't last forever so you might want to learn the art of making jams, pickles and preserves to get that taste of summer all year long.

Another benefit of eating locally is you will be supporting our local producers, rural communities, and the provincial economy by keeping your food dollars in Nova Scotia.

Join us for a year of eating more seasonally.



SEASONAL RECIPES

Look for the "Art of Cooking Local" recipe pads and signage identifying local products at your neighbourhood grocery store. Pick up the recipe calendar at your local farm and farmers market and upcoming food events.



WHERE TO BUY LOCAL

For details on all of the different ways to find local foods visit www.selectnovascotia.ca and search the "Where to buy local" database for listings of producers, farm and farmers markets, wineries, and u-picks.



STAY UP TO DATE

Get seasonal information all year long. Visit www.SelectNovaScotia.ca to sign-up for the "Local Dish" a monthly e-newsletter for more info on seasonally available products, recipes, and food events.



The Local Dish: Sign-up today: www.SelectNovaScotia.ca



Select Nova Scotia is an initiative of the Nova Scotia Departments of Agriculture, Fisheries and Aquaculture to promote the benefits of buying local.

ENTER TO WIN!

Supper Club Night at Fid Restaurant

Chef Dennis Johnston at Fid Restaurant in Halifax has been one of the pioneers in foraging for sustainable local foods as the seasons change for his restaurant. His passion is putting people back in touch with where their food comes from.

To launch the "Art of Cooking Local" Select Nova Scotia is running a contest to win a Monday Night Supper Club for you and your five closest friends at Fid Restaurant. Chef Johnston will develop a seasonal menu (appetizer, main, dessert) and then coach you and your group in preparing his creations while learning about local ingredients, trying new techniques, and enjoying your sumptuous meal. You will leave with a satisfyingly full belly and tips and techniques to develop your own "Art of Cooking Local"!



TO ENTER:

Fill out the form below or Enter online:
SelectNovaScotia.ca/contest

Name

Address

Telephone number

Mail to: Select Nova Scotia Contest
1741 Brunswick St, 3rd Floor,
PO Box 2223, Halifax, NS, B3J 3C4

Prize of a Monday Night Supper Club for six people at Fid Restaurant. Prize includes recipe booklet, coaching from Chef Dennis and the meal. Beverages and alcohol are not included.

The winner will make arrangements (based on availability) with Fid to book the event. Prize must be used by November 30, 2009.

Contest closes Friday, May 15, 2009.

LOCAL

Publisher, Greg Lutes
Managing Editor, Philip Croucher

Sales Manager, Dianne Curran
Distribution Manager, April Doucette

NATIONAL

Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart

Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt

Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mktg Director, Jodi Brown

Comment & Views

Comment

Find joy in the little things

HineSight

Anne Hines

metronews.ca/hinesight

want to share an old saying. It dates right back to 15 minutes ago when I made it up. "To find good news, look in a mental institute." That just makes life so clear doesn't it?

As I've mentioned before, as part of training to become a United Church of Canada minister I'm spending eight months working at an inner city church and a mental health hospital. I call this program Thirty Two Weeks In Heaven and Hell. Which place is which changes around from day to day.

Every Wednesday, I work on a mental health

ward that houses those suffering from schizophrenia. Some clients are with us for a week, some for many years. Some have "privileges," which are extraordinary freedoms such as being allowed to leave the building, even cross the street



SunnySide

leave with an escort and, though the care staff do their best, this may mean not leaving much at all.

Doing spiritual care for these clients is challenging. I suggested to one woman that she try to "listen to her inner voice." Her response? "I'm trying not to listen to them. That's why I'm here." Fair enough.

Not taking client behaviour personally is another challenge. Last week, I walked into the ward happily sporting a short new haircut. Louise rushed over gushing, "I love your hair! You look just like Prince Charles!"

It's hard to carry on a conversation because some clients find it difficult to keep words in logical order. I sat for an hour with Gordon who

babbled to me earnestly and entirely incoherently as I smiled and nodded, all the while thinking, "Dear God, let me not be agreeing that Paul Martin was a modern day Gandhi."

So, where's the good news here? Well, it's not "no matter how bad your own life seems, remember you're allowed to cross the street," though it's a good thing to remember for sure.

On our ward, Dylan paints a picture that's hung in the hallway and he grins for a day. Loni gets her hair washed and everyone tells her she's gorgeous. Carson says he's glad to see me and offers a smile, precious as the first spring flower.

Encouragement. Appreciation. That's good news anywhere. And the best part is, it's not a privilege allowed only to some. In any life, in any place, you can make it yourself.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

THIS IS OUR
PRESENT STRATEGY
IN AFGHANISTAN.



Quote of the Day

"We're a bit more careful about it, knowing the nuance of what happens in the subterranean realms ... This could well be the CIA or the Russians. It's a murky realm that we're lifting the lid on."

— Ronald Deibert, a member of the Munk research group, based at the University of Toronto, talking about his group's discovery of a worldwide computer espionage system responsible for stealing files from various government computers.

Views

Take a load off the environment, use a clothesline

CleanBreak

Rochelle Owen

metronews.ca/cleanbreak

What is more energy efficient: Using a dryer or line-drying and then ironing?

A standard clothes dryer will use, annually, approximately 1,214 kilowatt hours (kWh) for an older style and 898 kWh for a newer, more energy efficient, model. This kWh rate from Natural Resources Canada is based on 416 loads per year.

If each load took an hour to dry, this would be between 2.92 and 2.16 kWh per hour. If you were inter-

ested in costs, the older-style model would cost about \$143 a year to run and equate to about 936 kgs of carbon dioxide related to electricity generation in Nova Scotia.

A small, compact dryer can use about half this much. An average iron would use about 1.2 kWh per hour. If you needed to iron every load for an hour on average, ironing would likely be about half the energy, though one could suggest that you would iron a lot less per load so perhaps one-quarter the energy.

Ultimately the most electricity-efficient and cost-saving method is hanging your clothes to dry.

If you are using a dryer, cleaning the lint screen and exhaust will enhance effec-

"Ultimately the most electricity-efficient and cost-saving method is hanging your clothes to dry."

tiveness and also reduce risk related to fires.

Use energyguide labels if you are buying a new dryer to see which uses the least amount of energy.

Some models also have automatic sensors and shut down when your clothes are dry.

Newer, more water efficient, front-load washers often spin clothes dryer reducing the dry time. Dry similar things together and don't over dry your clothes.

I installed a heat-reclaiming vent on my dryer exhaust to save the heat from the dryer to heat air in the wintertime. Using this you do have to take humidity and particulate matter from the dryer into consideration.

You can try indoor rack and outdoor-line drying and then finish the clothes off in the dryer to have a softer feel, reduce ironing, and save energy.

If you are using electric-based heating systems approved by Nova Scotia Power, you may consider clothes drying at nighttime to get a cheaper electricity rate. Contact Nova Scotia Power for details.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

Letters

Negative cartoon undermines good the Pope is trying to do

RE: Vision for Africa cartoon (March 18)

I found the cartoon of Pope Benedict XVI in the March 18 paper disrespectful and offensive.

Canadian society prides itself on being tolerant and accepting, but there are

still those who are too willing to believe the worst of the Pope. And their deliberate misunderstanding and negative comments seriously undermine the real good the Pope is trying to do. MARIA OLAGUERA, SURREY, B.C.

ShareYourViews

halifaxletters@metronews.ca

Metro Online Poll Results

41%
SAID
YES

Is deficit spending the best way to get out of a recession?

Weigh in on today's question at metronews.ca

59%
SAID
NO

It's your turn to tell others what you think. Email your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number - street name and phone numbers will NOT be published. We reserve the right to edit letters.

O'REGAN'S ON ROBIE TOTAL PACKAGE EVENT



FREE  OnStar®
+
FREE ((XM)) RADIO
+
NO CHARGE MAINTENANCE
+
5 YEAR / 160,000 KM WARRANTY



**SAVE
BIG**

2009 SILVERADO
REGULAR CAB 4X2
\$16,495*

\$133*
BiWeekly
\$0
Down



**SAVE
BIG**

2009 SILVERADO
EXT CAB 4X4
\$27,798*

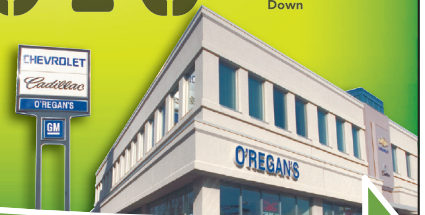
\$218*
BiWeekly
\$0
Down



**SAVE
BIG**

2009 SILVERADO
CREW CAB 4X4
\$30,518*

\$228*
BiWeekly
\$0
Down



O'REGAN'S ON ROBIE



O'REGAN'S
DRIVING HIGHER STANDARDS

CHEVROLET
CADILLAC

2477 ROBIE STREET • HALIFAX • 422-8551
WWW.OREGANSCHEVROLET.COM

*plus freight and taxes. Up to 3 years no charge maintenance on silverado, free onstar for 2 years and free xm radio for 2 years if equipped. Additional truck owner discount available to eligible current owners and lessee's. Valid only until march 31, 2009. See o'regan's on robie for details.

Walk or bike to the nearest store instead of driving. For every 6.5 kilometres you bike, you keep around seven kilograms of pollutants out of the air we breathe, according to Ed Begley Jr.'s Living Like Ed: A Guide to the Eco-Friendly Life. **TORSTAR NEWS SERVICE**

Try to leave the car at home for short trips

Going Green

A brighter future

A study last year by the International Energy Agency found that a worldwide shift to energy-efficient lighting systems would cut the world's electricity bill by nearly one-tenth. Amazingly, the emissions created by all the light bulbs on the planet are three times those caused by aviation.

DAVID SUZUKI FOUNDATION

EDITOR: MIKE.DEREZYCKY@METRONews.CA

Lingering query: Are we doomed?

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

Any given day, a whole series of seemingly disconnected thoughts pass through our brains. Thoughts like, "I wonder where my car keys are," "I think I will wear the red cowboy hat," or "What's that smell?"

Sometimes the thoughts are more profound, but often not. Less often still, they can be strung together

into a kind of story. Fortunately for us, that only has to happen once a week.

Recently, stories of new dinosaur discoveries, news about Earth Hour, a review of our heating bill and a simple question posed by a student — "Are we just doomed?" — have all been bouncing around. Are they connected?

The question "Are we doomed?" depends a lot on your frame of reference. On a geological time scale, the short answer is "sure." We know species come and go in the fossil record. The dinosaurs were doomed and they didn't even burn coal or drive Hummers. Species come and species

go, but few of us are worrying that far ahead when we consider doom.

In a recent story carried on BBC, Prof. John Beddington in the U.K. warned of a "perfect storm" of food, energy and water shortages due to increases in global population. As the population grows, increased pressure will be placed on resources that are already grossly over-

stretched in some parts of the world. Even without a growth in population, pressure will grow as de-



veloping economies compete for energy resources.

If we have learned one thing from history, it's don't invade Russia in the winter. But if we learn any other lessons, they should include that the cause of nearly every war can be traced to competition for resources, and failure of governments to provide the basic resources necessary for life leads to political instability.

So, are we doomed? The situation described above is playing itself out in many parts of the world. Many conflicts in Africa and Asia have as a root cause competition for limited resources with access granted on a basis of race, religion, or some equally arbitrary basis for saying "you can't have it." The govern-

ments that can not or will not make access fair contribute to their own instability and chaos.

There is no reason to think we are going the way of the dinosaur in the near term. We're unlikely to die out as a species soon. But, if by doomed we mean doomed to live as most of the world lives, chances are good. As a species we are more likely to go out with a whimper than a bang.

Like the dinosaurs, we have no control over the freak meteor. However, in the shorter term we actually do have it in our power to make better choices and live more sustainably.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.



Speaking live about the
Global Economy

President
BILL CLINTON



Ralph Alswang/Clinton Foundation

May 28, 2009

Cunard Centre • 961 Marginal Road
Halifax, Nova Scotia
Doors Open: 3:00 PM
Event Time: 4:00 PM - 5:30 PM

With Frank McKenna,
Deputy Chair of TD Bank
Financial Group

Register Today!
1.866.994.2555
www.powerwithin.com

All Sales Final. Speakers and date may be subject to change.

Presented by:



Bank Financial Group

Sponsored by:



Media Partners:



Gay group issues award to financial guru

The gay watchdog group GLAAD honoured Suze Orman at its annual media awards on Saturday, and the openly gay financial guru exhorted her followers to "invest in companies that invest in you." Orman cited General Electric, Avon, QVC, Random House and CNBC as companies that had supported her. **REUTERS**

11

Business

**Video games sharpen eyes: Study**

Adults who play a lot of action video games may be improving their eyesight, U.S. researchers said yesterday. They said people who used a video-game training program saw significant improvements in their ability to notice subtle differences in shades of grey, a finding that may help people who have trouble with night driving. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Theme parks feel the pinch

Shortfalls in attendance, revenue spell trouble for investors

First it was the housing market, then the banks. Now Santa Claus, Mickey Mouse and Shamu are getting whacked in the global slump.

The result is that investors in amusement parks are on a roller coaster ride — with enough sharp drops to make even those with the strongest pocketbooks feel a bit queasy.

Disney's slashing jobs. Six Flags, which owns Montreal's La Ronde amusement park, is on the cusp of bankruptcy protection. The Finnish government last Tuesday announced it was selling its stake in Santapark to local investors because of declining revenues.

But there might be an upside to the trend, at least for the folks who work in the shadow of the Behe-moth, the year-old giant roller-coaster at Wonderland, the theme park in Vaughan, Ont. Such re-



Amusement parks such as Wonderland in Vaughn, Ont., and La Ronde in Montreal are finding that they are not immune to the effects of the global economic crisis.

gional parks could benefit from Disney's loss, according to industry consultant Dennis Spiegel, president of the Cincinnati-based International Theme Park Services Inc.

So-called destination parks, which typically involve a flight and hotel, "are going to be hit harder in 2009," said Spiegel.

Wonderland relies on southern Ontario for the vast majority of its business, making it an affordable destination for families trying to avoid the added costs of airfare and accommodations that go with a trip to Disneyland.

But that doesn't mean 2009 is shaping up to be an easy ride for Wonderland's

owners, Ohio-based Cedar Fair Entertainment Co.

"We expect there to be a shortfall of up to 4.5 per cent" in terms of revenue and attendance for regional theme parks overall, Spiegel said.

For heavily leveraged companies like Cedar Fair and Six Flags, attendance declines of more than five per cent would "have a significant impact on balance sheets."

It doesn't help that the amusement park industry is at a mature phase, Spiegel said.

In the 1980s, "we would put a roller-coaster in a park and we would see a five to nine per cent change in attendance," said Spiegel. "Now they put in 'super coasters' for \$25 million and haven't bumped the attendance at all."

"Longer, higher and faster is kind of kaput. The public got tired of it."

TORSTAR NEWS SERVICE

Stock bulls may hit the pause button

FORECAST U.S. stocks are set to run into some turbulence this week as investors pause to gauge if profit expectations and economic prospects will justify the market's further advance from the 12-year lows touched earlier this month.

Since hitting those significant lows the market has rallied strongly, lifting the benchmark S&P 500 more than 20 per cent amid burgeoning hopes that fallout from the economic slump may be subsiding.

Barring any shocks early in the week, the benchmark S&P 500 could close March with its biggest monthly gain in about two decades.

With an even more bullish footing at month's end, the market could be propelled to its best monthly

advance in 22 years.

Besides a deluge of economic data, comments from companies in the run-up to the start of the first-quarter earnings reporting season are also expected to command atten-

tion. Additionally, any developments from Thursday's G20 Summit in London could also set the tone.

"The market will be looking for continued 'green shoots' that things continue to improve."

Bucky Hellwig, analyst looking for continued 'green shoots' that things continue to improve on a marginal basis, either slower rates of decline or actual improvement," said Bucky Hellwig, senior vice-president at Morgan Asset Management. "But ... if we get some negative surprises, the whole question of when the economy is turning or if it is turning will be brought back."

REUTERS

Canada auto-parts makers cheap but risky

INVESTING Beaten-down shares of Canadian auto-parts makers may offer outsized rewards for those with a long time horizon, but investors would be wise to wait to see what the future holds for the big U.S. automakers.

Analysts said balance sheets are key and noted firms have stockpiled cash in anticipation of an extended downturn. Major players in the Canadian industry include Magna International Inc., Martinrea International Inc. and Linamar Corp.

But the outlook is far from clear if key cus-

"I would stay out for now, given the risk-reward ratio."

Youssef Abboud,
Clarus Securities

tomers General Motors Corp. and Chrysler are forced to file for bankruptcy protection.

"The consequences of these bankruptcy filings is unknown, or the risk is high, so I would say I would stay out for now, given the risk-reward ratio, until you have more clarity on the GM, Chrysler side,"

said Youssef Abboud, an autos analyst at Clarus Securities.

Industry giant Magna ended Friday's session on the Toronto Stock Exchange down 56 per cent from the beginning of last year. Martinrea's shares have fallen 76 per cent since the start of 2007, while Linamar has dropped 86 per cent.

Both earnings and production at most parts companies are expected to continue to suffer over the next couple of years due to the downturn in the auto sector.

REUTERS

In brief

AUTOS U.S. President Barack Obama said in an interview broadcast yesterday that struggling U.S. automakers had not done enough yet to become "lean, mean and competitive" under federal oversight.

BAILOUT Spanish authorities yesterday said they were injecting money into regional savings bank Caja Castilla la Mancha and replacing its board. **REUTERS**

U.S. pledges work for climate deal

ENVIRONMENT The United States promised closer cooperation with the rest of the world on a United Nations climate treaty yesterday but cautioned it had no "magic wand" to fix global warming.

"The United States is going to be a partner — we need to be a partner to developed countries and to developing countries" U.S. special envoy for climate

change Todd Stern said at the opening of 175-nation UN climate talks in Bonn, Germany.

Obama has promised to cut U.S. greenhouse gas emissions by about 16-17 per cent from current levels to take them back to 1990 levels by 2020 as part of a new UN climate deal meant to be agreed on in Copenhagen, Denmark, in December. **REUTERS**

U.S. Publicity rounds



U.S. Secretary of the Treasury Timothy Geithner appears on Meet the Press at NBC studios in Washington yesterday. Geithner said that the U.S. government has about \$135 billion left for bank bailouts and refused to say whether it will ask Congress for more this year.

The DAILY BUSINESS BUZZ

Taylor Flooring awarded: Local retailer Taylor Flooring has captured the 2008 Mohawk Colour-Centre Dealer of the Year award.

Work-Sharing Program means no layoffs:

Michelin North America Inc. has announced that Service Canada has accepted its application for the Work-Sharing Program at the Waterville plant effective April 5. This means it will not have to move forward with the planned layoffs of 95 flexible workforce employees.

Licence loan program: Beginning Wednesday, Nova Scotia fishermen can apply for a loan from the Department of Fisheries and Aquaculture to buy commercial licences. The term of the loans is for a maximum of 20 years.

Get the full stories delivered to your inbox every morning.

Sign up today for the
DAILY BUSINESS BUZZ
nsbj.ca

Longtime football coach Saban dies
Lou Saban, the longtime NFL and U.S. college coach whose career spanned five decades and dozens of jobs, died at 87 at his home in South Carolina yesterday. Saban had two stints as coach of the Buffalo Bills, from 1962 to '65 and 1972 to '76. METRO NEWS SERVICES

Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Stunned Huskies watch as V-Reds claim CIS title

MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint Mary's Huskies could only sit in the stands and watch as the New Brunswick Varsity Reds — a team they defeated to win the Atlantic University Sport banner — captured the University Cup yesterday in Thunder Bay, Ont.

The V-Reds, who went to nationals as the AUS's second seed, claimed their second Canadian Interuniversity Sport men's hockey title in the past three years yesterday with a 4-2 victory over the Western Ontario Mustangs.

The Mustangs' presence in the final was unlikely, as they had to beat the Huskies by three goals on Saturday in order to advance. But they pulled it off in shocking fashion, scoring five times in the third period to post a 7-2 victory.

It was still sinking in for the Huskies yesterday.

"We're disappointed, no question," said Huskies head coach Trevor Stienburg. "They played the game of their life and got every bounce, and we didn't



The University of New Brunswick Varsity Reds men's hockey team celebrates winning the University Cup yesterday in Thunder Bay, Ont.

seem to play real well. For whatever reason, things didn't go our way."

Stienburg said his team "didn't have a whole lot of jump all game, right from the get-go," perhaps getting caught looking ahead to the final because of the Mustangs' long odds. But Stienburg said there is no point "beating it to death."

"It is what it is," Stienburg said. "Did 20 guys decide they didn't want to

win? No. Did 20 guys decide they didn't want to try? No. Did 20 guys have a tough time getting their act together and putting the puck in the net? Yeah."

Third-year forward Lachlan MacIntosh was named

University Cup MVP after scoring a hat trick in the V-Reds' win. The Huskies beat the V-Reds 2-1 in the AUS final and won three of four head-to-head matchups in the regular season.

"Did 20 guys have a tough time getting their act together and putting the puck in the net? Yeah."

Huskies coach Trevor Stienburg

Tiger back to winning ways

GOLF For the second straight year, Tiger Woods birdied the 72nd hole to win the Arnold Palmer Invitational. Woods entered yesterday's final round trailing third-round leader Sean O'Hair by five strokes. Woods, who matched his largest comeback on the PGA Tour, won this crown for the sixth time overall. Woods grabbed a piece of the lead with a birdie on 15, then was one stroke up when O'Hair bogeyed 16. Woods bogeyed 17 from a bunker, but drained a 16-foot birdie putt at the last for his 67th PGA Tour win.

METRO NEWS SERVICES

Curling China first Asian country to win worlds



Team China lead Zhou Yan, left, and third Liu Yin celebrate their victory during their final match against Sweden at the 2009 World Women's Curling Championship in South Korea yesterday. Team Canada lost the bronze medal game 7-6 to Denmark.

Rochette leads Canuck medal haul

Joannie Rochette, left, of Ile-Dupas, Que., captured the silver medal Saturday in the women's singles event at the world figure skating championship in Los Angeles. It is Canada's first medal in women's singles in 21 years. Patrick Chan of Toronto won the silver in men's singles, while Tessa Virtue and Scott Moir won bronze in ice dance in just their third competition this season.

METRO NEWS SERVICES



Magic Johnson and Chris Allen of Michigan State celebrate after the Spartans upset Louisville yesterday.

NCAA Final Four set, with upsets

NCAA Second-seeded Michigan State stunned number one Louisville 64-52 to win the Midwest Region and advance to the NCAA Final Four yesterday.

Senior centre Goran Suton, who grew up in Bosnia, scored 19 points and had 10 rebounds to lead Michigan State (30-6) to its fifth Final Four in 11 years.

Suton admitted he was tentative in the first half. "I didn't look to shoot the ball," he told reporters.

"Those Louisville guards kept coming from everywhere. Coach (Tom Izzo) pulled me to the side and told me to shoot the ball or he was going to take me out. I had no choice but

shoot the ball. I didn't realize how open I was. The shots were falling down."

Suton hit seven of 15 shots, including three of five from beyond the arc.

Louisville coach Rick Pitino said Suton "hitting those shots against our zone was very big."

Louisville (31-6) was the overall top seed in the 64-team NCAA Tournament.

The Final Four will be played in Detroit beginning on Saturday.

Connecticut advanced to the Final Four with a win on Saturday and will face Michigan State. Villanova will play the North Carolina, who defeated Oklahoma yesterday.

REUTERS

Hot Raptors play spoiler

NBA RESULT

Bulls 129, Raptors 134 (OT)

Chris Bosh posted 31 points and 15 rebounds as Toronto escaped past Chicago in overtime, 134-129, in Toronto yesterday.

Andrea Bargnani scored 28 points with six rebounds for the Raptors, who have reeled off four consecutive

wins. Shawn Marion had 16 points and Jose Calderon contributed 22 points and 19 assists.

"I thought we played with great energy," said Raptors head coach Jay Triano.

"We are just playing right now," Bosh admitted. "We're trying to get something and we're trying to keep it going."

METRO NEWS SERVICES

Gallagher's Big Red fall short

NCAA Blake Gallagher's Cornell Big Red have fallen short of a spot at the NCAA Frozen Four men's hockey tournament.

Cornell, one of the final eight teams, lost 4-1 to Bemidji State last night in Grand Rapids, Mich.

Gallagher, a Cole Harbour native, registered a goal and an assist despite

playing with a high ankle sprain on Saturday in Cornell's 3-2 win over Northeastern.

Another Cole Harbour native, goaltender Marc Cheverie of the Denver Pioneers, also missed out on the Frozen Four.

Denver lost 4-2 to Miami of Ohio on Friday.

METRO NEWS SERVICES

Bronze for Dartmouth snowboarder

Dartmouth's Sarah Conrad won bronze in the half-pipe at Roxy Chicken Jam at California's Mammoth Mountain on Saturday. **METRO HALIFAX**

sports **13**

Rainmen deliver burgers

Three-pointer onslaught in finale earns fans free Big Macs

MATTHEW WUEST
matthew.wuest@metronews.ca

With 1,639 Big Macs up for grabs, the Halifax Rainmen made sure their fans didn't go away empty-handed.

The Rainmen earned their second straight blowout win over the Montreal Sasquatch yesterday, 147-109 at the Metro Centre, in a game that meant nothing to either team and had all-star calibre highlights and defensive effort.

With a Premier Basketball League playoff spot already out the window, the Rainmen made Big Macs the priority in their final game of the year. And they finally cracked the 10-three-pointer barrier to make good on a promotion that gives anyone with a ticket stub a free snack at McDonald's.

"We shoulda got that for the fans (in Saturday's 130-89 win), but we missed it by one," said Jimmy Twyman, who heaved up 16 three-pointers and converted on eight.

"They came out to support us and I'm just glad we could finally give our fans a treat — and that's Big Macs."

Tony Bennett set the tone, knocking down two three-pointers in the first 37 seconds. Twyman hit five straight in a 1:46 stretch at the end of the second quarter. Zach Ramey clinched the Big Macs with a trey 29 seconds into the second half.

"Big Macs were the main thing," said Bennett. "Coach Les (Berry) was joking and said, 'Don't shoot no threes in the first quarter.' So what do I do? Come out and shoot five straight three-pointers. It was all fun and games for the fans."



Halifax Rainmen guard Tony Bennett goes up for a shot during the first half of yesterday afternoon's PBL game against the Montreal Sasquatch.

The Rainmen, who finished the season 12-8, followed through on their pre-weekend promise for an "air show" against the lowly and shorthanded Sasquatch (3-13), with enough flashy dunks for a lengthy Youtube video montage.

Yesterday's attendance

gave the Rainmen an average of 2,778 this year, almost 1,000 more than last season.

"These last two games were all about the fans, get some oohs and ahhs out of them, give them something to look forward to next season," Bennett said. "Put a

smile on their face. Without making the playoffs, that's the only thing we could do."

Twyman had 30 points and Bennett 21. A.J. Millien, a mid-season acquisition, added 19 to unofficially claim the PBL scoring title with a 24.7 points-per-game average.

Rainmen coach pondering future

BASKETBALL Les Berry isn't ruling out returning as head coach of the Halifax Rainmen next season, but says he hasn't put "any thought into" the decision one way or the other.

Berry, who was hired on Feb. 5 after Rick Lewis was fired, posted a 6-3 record but was unable to get the Rainmen into the Premier Basketball League playoffs. He first wants to sit down with his players and owner Andre Levingston to hear what they have to say before moving forward with his decision.

"I want to go over my two

"I want to go over my two months with the organization."

Rainmen coach Les Berry

months with the organization," he said.

The Halifax native said he would "like to have a couple of games back" — losses to the Vermont Frost Heaves and Quebec Kebs that cost the Rainmen a playoff spot — but said "everything in general has worked extremely well."

Levingston said Berry did a "fantastic job" and said he wants to have a coach in

place "sooner than later."

The Rainmen can submit a five-man PBL protected list in the off-season, and Levingston said the front-runners for spots are Tony Bennett, A.J. Millien, Eric Crookshank, Michael Anderson and Jimmy Twyman. He also said he is interested in bringing back Reggie George and Tyrone McNeal.

METRO HALIFAX

HarrisRebar
A DIVISION OF HARRIS STEEL LIMITED

POURING CONCRETE?

We have the reinforcing steel and wire mesh for your project.

Retail sales welcome.

(p) 468-2526

O'REGAN'S ON ROBIE

TOTAL PACKAGE EVENT

NO CHARGE MAINTENANCE

FREE OnStar®

FREE ((XM)) RADIO

5 YEAR / 160,000 KM WARRANTY

\$9,995*

\$85*
BiWeekly

\$0
Down

50
MPG

2009 AVEO 5

SAVE BIG

\$12,199

\$101*
BiWeekly

\$0
Down

52
MPG

2009 COBALT LS

ASK ABOUT OUR \$500 DND DISCOUNT

O'REGAN'S ON ROBIE

O'REGAN'S **CHEVROLET CADILLAC**

DRIVING HIGHER STANDARDS

2477 ROBIE STREET • HALIFAX • 422-8551

WWW.OREGANSCHEVROLET.COM

*Plus freight and taxes. Up to 5 years no charge maintenance on Aveo and Cobalt, free onStar for 2 years and Free XM radio for 2 years if equipped. See O'Regan's on Robie for details.

In June, the B.C. government will introduce changes to Private Career-Training Institutions Agency bylaws. Under the new rules, students defrauded by questionable private institutions will be entitled to tuition refunds. **METRO NEWS SERVICES**

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Queen's concert hall

Queen's University, in Kingston, Ont., has revealed the design for its new performing arts centre, which will include a 550-seat, purpose-built concert hall, a small studio theatre, rehearsal rooms, an art gallery, and office space.

METRO NEWS SERVICES

A career in the right direction

Seafarers have George Rae to thank for finding their way back home

For as long as he can remember, George Rae went out on boats with his father. His dad, originally from Scotland and a former member of the merchant navy, emigrated to Halifax

for a job as a master mariner. He later got work as a compass adjuster and soon started his own company.

By the time Rae was 12, he wasn't just tagging along on rides for fun. By age 18, he was doing the work himself.

"I was always intrigued and I loved the boats. And going with my father was always special," says Rae who lost his dad this past January.

After Rae finished high school, he joined the merchant marines. For six years he worked on offshore cargo boats and made his way up from deck hand to chief mate.

But it was tough being away from home so much, as he had a young family. In 1987, his dad asked him to join the family business as a compass adjuster (one of his sisters, his oldest brother and his wife work for the company too).

Rae, now 47, takes calls from everyone from small pleasure boat owners to



For a living, George Rae makes sure boat compasses — the only thing that works when the power goes out — are working perfectly.



You CAN make money in a home-based business. LOTS of money.

We are seeking entrepreneurial driven professionals that want to grow personally and financially.



UNTAPPED & UNLIMITED A LIFESTYLE BUSINESS

1.800.662.1961 Ex. 5480

OddJobs

Diane Peters

metronews.ca/oddjobs

captains of offshore oil rigs. Most boats on the water are mandated to have a compass — even if they have a host of other fancy gizmos. "The magnetic compass is the only thing that works when the power goes out," Rae says.

But they can lose their sense of magnetic north over time, thanks to new equipment on the boat, renovations, or just harsh weather. To get a compass back on track, usually on an annual basis, Rae takes the

boat out on the water. He either drives (his 22-year-old son sometimes comes along to help) or the crew on a larger boat steers.

He then stops the boats at the various headings on the compass. Rae uses the sun, familiar landmarks or a chart to line the boat up. He then trues up the compass by using magnets. Most compasses have slots built right in where small magnets can fit, or Rae affixes them to the side of the boat.

The whole process takes about an hour. Most observers of Rae at work are pretty surprised to see him turning a boat in circles on the water. "A lot of people get this look, like, 'Here's the man with his black magic,'" says Rae.

Thanks to his years on boats and his study of mag-

The Lowdown

Job title: Compass adjuster
Salary: \$150 to \$600 per job
Education/training: Compass Adjuster certificate from Transport Canada, for which you need experience and must pass a written and practical exam.

Best Part of the Job: "Always being with my father and the sea. Now that my father's gone, it's just the sea and doing it in his memory."

Worst Part of the Job: "The cold. And sometimes the long hours."

nets, it's neither mysterious nor magical to Rae. Just a job he learned at his father's side.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.



Commercial Safety College
A Division of Commercial Safety Surveys Ltd.

INSTRUCTORS

As the result of an increased demand for skilled workers, Commercial Safety College, one of Canada's leading skills training centers is now accepting applications for full-time, part-time, and contract instructors. We have positions available in Truck Driver Training, Heavy Equipment Operator Training, Crane and Boom Truck Operator Training, Forklift, Mechanical and other relevant Industrial Safety and Skills Training.

If you are an experienced professional in one or more of these areas, we would like to hear from you. Prior experience in adult teaching methods and being bilingual would be definite assets. The individual would need to be willing to travel as required.

Send your resume in complete confidence to:

Roy Nichols, CHRP
President / General Manager
Commercial Safety College
P.O. Box 848, Truro, NS B2N 5G6
E-Mail: roy@safetycollege.ca



**Wanted:
Board Members!**

The Nova Scotia SPCA is rapidly advancing as an organization and is seeking candidates for our Board of Directors.

Visit www.spcans.ca to learn more about these exciting opportunities to improve the lives of animals in Nova Scotia. Application deadline is April 9th.



JOB FAIR

April 1st from 9:00AM – 7:00PM
TeleTech, 115 Chain Lake Drive, Halifax

**Stop Searching
Start Finding!**

**Hiring 100+
Customer Service Agents!**

- Entry-Level Professionals
- Advancement Opportunities
- Excellent Benefits
- Tuition Reimbursement
- Fun Environment
- Great Pay

If unable to attend, information and application available on our website:

Learn More. Apply Online.

www.HirePoint.com

The exclusive career gateway for:



EOE

**HIGHER SKILLS.
HIGHER PAY.
HIGHER LIFE.**



**Are you controlling your
professional destiny?
Consider CGA.**

- flexible course schedule • work towards your MBA
- for business students & professionals • apply today!

CGA
Certified General Accountants
Association of Nova Scotia

425-4923 www.cga-online.org/ns

Half of McGill medical school grads leave Quebec

According to new data from the Association of Faculties of Medicine of Canada, 52 per cent of recent medical graduates from McGill University were working outside of Quebec, with 22 per cent settling in Ontario. **METRO NEWS SERVICES**

Law options out in Newfoundland

RAFAEL BRUSILOV
for Metro Canada



If you have a strong heart for justice and want to help lay down the law, a career shift into law enforcement might just be for you.

The Law Enforcement Administration program offered by Newfoundland career college Academy

Canada trains students for careers as military police, private investigators, security guards and officers, jailors and other jobs in law enforcement.

According to Service Canada, employment in law enforcement and security related fields is expected to grow much faster than the national average for other occupations due to concerns about crime and vandalism as well as inevitable business investment as the economy moves on.

It just goes to show that no matter what the eco-

nomie conditions are like, people are always needed to help protect property and the public itself from people who would try to take criminal advantage of others.

The program at Academy Canada also leads to potential careers with the Royal Canadian Mounted Police (RCMP), the Royal Newfoundland Constabulary and private sector employment with agencies like the Brinks Armoured Car Service, as long as students fulfill any application, entrance and training requirements for such employers.

If you are thinking of a career in the field, however, forget clichéd images of gruff, tough-guy mannerisms and Hollywood-style action sequences. Real law enforcement work requires strong morals, a strong character and a real desire to do good in the world.

For more information, visit academycanada.com

"People are always needed to help protect property and the public itself from people who would try to take criminal advantage of others."

Show me the money

EMPLOYMENT Job interviewees reluctant to discuss compensation with hiring managers during tough times are getting a green light from employers, a new survey shows.

More than half of senior executives (56 per cent) surveyed said they are comfortable with applicants broaching the subject in the first or second interview. In fact, approximately two-thirds (66 per cent) of executives indicated they most commonly discuss the subject by the second interview, with 19 per cent saying it usually comes up during the first interview.

The Accountemps conducted by an independent research firm and is based on interviews with senior executives from the 1,000 companies.

"While employers and job applicants don't have to agree on a final figure right away, general salary requirements should be discussed early in the hiring process to avoid surprises later on," said Max Messmer, chairman of Accountemps. "When inquiring about salary for the first time, job seekers should be prepared to hear

a broad range — employers want to get a sense of their qualifications and fit for the position before extending a formal offer."

To ensure job seekers negotiate the best compensation package possible, Accountemps advises candidates to watch out for the following five pitfalls:

- **Fixating on base salary.** Look at the total compensation package, including nonmonetary, but highly desirable components.

- **Going in unprepared.** Base your request on strong supporting evidence, which you can obtain by reviewing professional journals and industry publications, searching online salary sources and consulting with members of your professional network.

- **Over- or underestimating your leverage.** Consider the current job market, the unique expertise you offer and your experience level when establishing a desired salary range.

- **Being inflexible.** While there may be some aspects of an offer you'll be unwilling to negotiate, be prepared to compromise on items that are less critical.



Make a difference!

The Halifax Peninsula Community Health Board is seeking new volunteer board members interested in creating a healthier community.

The Board partners with many large and small community organizations to improve the community's health. We serve residents of Fairview, North End Halifax, Downtown, Northwest Arm, South End Halifax, and Connaught/Quinpool.

We want our Board to reflect our community, so diversity, gender balance and the age of our members is important to us. We encourage any interested resident of Halifax peninsula or Fairview to apply. If you have a desire to make your neighbourhoods healthier, we'd like to hear from you!

For more information call Susan Dunn at 424-5147 or submit a cover letter and resume that outlines your interests and background by Friday April 17, 2009 to:

Halifax Peninsula Community Health Board
3825 Joseph Howe Drive
Halifax, NS B3L 4R6
Fax: 424-5159

Email: susan.dunn@cdha.nshealth.ca



Check out our blog!

www.halifaxpeninsula.blogspot.com

BULLYING IN THE WORKPLACE



BULLYING IN THE WORKPLACE: Half-Day Workshop *Facilitated by Carla Anglehart*

This workshop provides strategies for addressing this serious issue that is affecting workplace cultures in many employment industries.

Participants will gain an understanding of what bullying is (and isn't); the types of bullying; the characteristics of bullying behaviour; and the impact on individuals and teams.

The Facilitator, Carla Anglehart, is a dynamic speaker and educator. She is well known for her sessions on Leadership, Change Management, and Team Building.



Monday, May 4
9:00 a.m. – 12:00 p.m.
Bedford Professional Centre
2 Dartmouth Road, Bedford

Workshop Fee:
\$200 + HST member
\$250 + HST non-member

Call Lisa at 832-8500 ext.274 to register, or for more information.
Registration deadline is April 24 | www.nsaho.ns.ca

Liv Tyler is walking down the aisle again, as the maid of honour in writer/director Galt Niederhoffer's independent film *The Romantics* — about seven close friends who reunite to watch two of their pals get married. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Jen sexiest

Jennifer Aniston has topped *Details'* new list of Hollywood's sexiest women. The former *Friends* star beat Megan Fox and Gisele Bündchen to land the top spot. FEMALEFIRST.CO.UK



Nickelback wins big at the Junos

ROB MCMAHON
for Metro Canada

Last night's Juno Awards at Vancouver's GM Place reflected a shift in the event's tone from past years: An effort to get a little more rugged and raw.

Along with the usual Can-con rockers, this year's nominees included several indie artists, from F**ed Up's layered hardcore to the thrash-electro of Crystal Castles. Much of the show — from performers to jokes — reflected a focus on riskier material.

Backed by a stage of psychedelic plants, host Russell Peters started off with a Bollywood-themed song and dance. But half-way through the song, the dancers ripped off the



Nickelback celebrates after winning three prizes at the Juno Awards last night.

sometime hip-hop DJ's costume so he could showcase his popping and locking techniques. The transition reflected his promise to tweak a few nerves during his second stint as host.

Sex, drugs, rock 'n' roll: Peters hit all three with jokes about yearning for

Anne Murray's sex tape, slams on former *Barenaked Ladies* singer Steven Page's recent drug-related troubles, and stage props that looked smokeable.

Rock-grunge act Nickelback claimed the night's two biggest prizes — group of the year and album of

the year, as well as the Juno fan choice award.

"The press are gonna hate us tomorrow," joked frontman Chad Kroeger. "We apologize for hogging up all the air time."

Super-producer Bob Rock inducted '80s rockers Loverboy into the Canadi-

Canada's Music Awards

JUNO Awards

an Music Hall of Fame, Sarah McLachlan received the Allan Waters humanitarian award, and perennial Juno winner Bryan Adams sang *Walk On By*. K.D. Lang and Buffy Saint-Marie awarded Alexisonfire's Dallas Green songwriter of the year for his quieter work as City and Colour. Green was joined onstage by the Tragically Hip's Gord Downie to perform *Sleeping Sickness*.

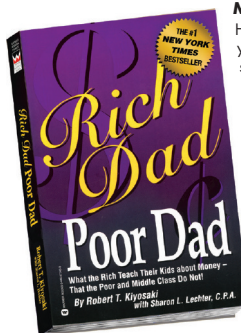
Fresh from an Australian tour with Kings of Leon, rockers The Stills won Junos for new group of the year and alternative album

Juno winners

- Album of the year: Nickelback, *Dark Horse*
- Artist of the year: Sam Roberts
- Juno fan choice award: Nickelback
- Songwriter of the year: Dallas Green, City and Colour
- New artist of the year: Lights
- Rap recording of the year: Kardinal Offishall, Not 4 Sale
- Group of the year: Nickelback

of the year. Other standouts included back-to-back songs by Crystal Shawanda, Divine Brown and Serena Ryder, and a rocking version of Them Kids by rock album of the year winner Sam Roberts.

Learn What the Rich Already Know About Money at Our FREE LOCAL EVENT RICH DAD POOR DAD



My Poor Dad was educated and intelligent.

He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D... all on full financial scholarships.

My Rich Dad never finished the eighth grade.

Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.

One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.

My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new

way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking — and use it to create true long-term wealth.

FREE Learn To Be Rich™ Workshop

Based on the Book & Teachings of World Famous Author Robert Kiyosaki

COMING TO THE HALIFAX AREA ON APRIL 7 OR 8

CALL NOW TO REGISTER **1-800-905-6017**

Text RICH2 to 74747 for your real estate tip of the month. Standard carrier rates apply.

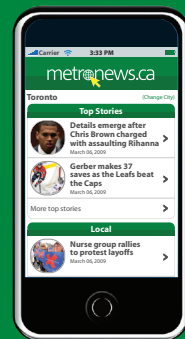
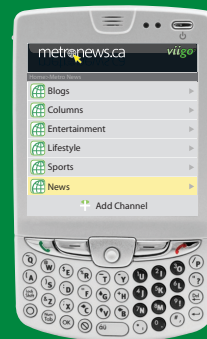
Receive a **FREE CD-ROM!** "RICH DAD'S® BUDGETING YOUR MONEY" An excerpt from Robert's new best seller, *Rich Dad's Increase Your Financial IQ*.

It's **YOURS FREE** at the workshop!

Robert Kiyosaki does not participate in this event.

ViiGO WHERE YOU GO

Now get your daily Metro fix with your web-enabled mobile device:



mobile.metronews.ca | iphone.metronews.ca

vii.go.metronews.ca

KEEPING YOU UPDATED

Willis has wed — officially

It's official: Bruce Willis and Emma Heming are husband and wife. After their wedding celebration in the Caribbean last weekend, the actor and the model/actress were wed in a civil ceremony Friday. **PEOPLE.COM**



Blumer battles for best

BRIAN COULTON
for Metro Canada



Ever since he was a school-boy growing up in Montreal, Bob Blumer's appetite for competition has been insatiable.

A post-Halloween contest to see which student could bring in the most candy for charity from their loot of sweets found Blumer in a Catch-22. He loved candy. He loved competition. How could he part with one to satisfy the other?

"It killed me, but that's how competitive I am. I was willing to sacrifice one of my favourite things," he recalls. Presented with the alternatives, Blumer bit the bonbon bullet, shedding sweets to succeed.

It's that same zeal that drives Blumer on his challenge-oriented television program *Glutton for Punishment*, which debuts its third season on the Food Network tonight. The show follows Blumer through a different food-related challenge on each episode, with only five

"I'm always going for it because I'm competitive and I'm vain. It's a bad combination."

Bob Blumer,
Glutton for Punishment host

days to prepare for a feat that typically requires much longer to overcome.

But instead of raising candy, he's raising the stakes. This season sees Blumer attempt such tests as breaking the Guinness World Record for the most pancakes made in one hour at the Calgary Stampede, and competing against deep sea diving fisherman for who can collect the most sea urchins on one oxygen tank off the coast of British Columbia.

"I didn't really expect that there would be a reasonable chance of death in the sea urchin diving episode until we got a little bit foolish and pushed the envelope a little too far," says Blumer.



Bob Blumer stars in *Glutton for Punishment*, which debuts its third season on the Food Network tonight.

Despite being spotted a third of each of his competitors' oxygen, Blumer nearly drowned during the challenge. "I was literally tangled in kelp when I ran out of air," he says, sucking in swiftly and popping his lips to imitate the sensation.

Although he says he felt infallible going into the challenge, the attached danger barely seems to faze him now, even given the potentially deadly consequences he faced. "I'm always going for it, because I'm competitive and I'm vain," he says with a laugh. "It's a bad combina-

tion."

In *Glutton for Punishment*, Blumer combines his love for competition with his love of food, placing greater emphasis on the culinary in this round, following prior stints as a cookbook author and host of cooking show *The Surreal Gourmet*. But it's not just food Blumer's a glutton for.

"I'm not a moderation person. I eat too much, drink too much, exercise too much..." he says, "(It's) not necessarily something I would suggest other people subscribe to, but so far it's worked for me!"

In brief

COLLABORATION Wilco has confirmed rumours that Feist will appear on its next album, a still untitled set due for a late June release. In a posting Friday on the band's website (wilcoworld.net/news/), the alternative rock band says that singer-songwriter Feist lends vocals to the track *You and I* on the *Nonesuch* release.

REUNION Metallica is using its upcoming Rock and Roll Hall of Fame induction to stage what drummer Lars Ulrich calls "a sort of family reunion." The Metallica guest list for the April 4 induction includes staffers from the band's previ-

ous labels, journalists and photographers, producers and musician friends.

BOX OFFICE The sci-fi comedy cartoon *Monsters vs. Aliens* overcame mixed reviews from top critics to conquer the North American box office with weekend sales of \$58.2 million US, according to estimates issued yesterday. Also new was the horror *The Haunting in Connecticut*, which came in at No. 2 with \$23 million. Last week's champ, the Nicolas Cage thriller *Knowing*, fell to No. 3 with \$14.7 million.

REUTERS

Congratulations to The Chicken Burger, Bedford

for being chosen Metro's Kooliest Burger, as voted by Metro readers and Kool96.5 FM listeners. Tune in next month to find out the next category of the best Halifax has to Offer!

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/30/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Dancing With the Stars	The celebrities perform.		Castle
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)		Dancing With the Stars	The celebrities perform.		Castle
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Good Germany	Comedy Fest	Comedy Fest.	CBC News: The National	The Hour
	2	2	2	CBC-F	Terre humaine	Pyramid (SC)	Virginie (SC)	La Petite vie	L'Auberge du chien noir (SC)		Les Boys (SC)	Tout sur moi
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met	Two/Half Men	Engagement
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags (SC)	Star Académie:	Annie et ses hommes (N) (SC)	Dr. House (HDTV) (SC)	24 (HDTV PA) (N)	News (N)
	6	6	6	CHIF	Entertainment	ET Canada	Heroes "Into Asylum" (N)	House "Locked In" (N)			24 (HDTV PA) (N)	News (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV) (N)	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	News (N)
	10	10	10	ELTV	EastLink Mag.	Fishing	Harv's Sportsland (Live)	Incl. Revolution	Harv's Sportsland		EastLink Television	
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "Locked In" (N)	24 (HDTV PA) (N)		Fox First
prime time	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Chuck (HDTV) (N)	Heroes "Into Asylum" (N)	Medium	
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	Taliban	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow (N)	American Masters	American Experience (PA) (DVS)	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow (N)	Antiques Roadshow (N)	American Experience (PA) (DVS)		
	68	68	68	TQS	Rire et délire	450 chemin	Loft Story	C'Yune joke	CSI: NY "Le Dernier Bar" (SC)	Flash Point		110 pour cent
	23	23	23	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight			Campbell Brown: No Bias	Larry King Live (N)		Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	What's Bag?	The Golf Fix	Haney Project	Haney Project	Lessons
	52	52	52	RSE	Sportsnet Connected	Skiing FIS Ski Cross	Skiing FIS Ski Cross		Skiing: FIS Freestyle	BC Poker Championship	Sportsnet Con.	
	55	55	55	SCOR	Hockey Talk	Game On	RaceNight			(10:15) WWE Monday Night Raw		
news	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	This Week in NASCAR (N)	SuperCars	SuperCars	Auctions	
	53	53	53	TSN	Off the Record	SportsCentre	NHL Hockey New Jersey Devils at New York Rangers. (HDTV) (Live)		SportsCentre	SportsCentre		
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	Punch	Robot Chicken
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Big Comfy
	27	27	27	YTV	Drake & Josh	iCarly	Karaoke Star Junior		Malcolm-Mid.	Futurama	League-Evil	Falcon Beach
	16	16	16	A&E	Cold Case Files		CSI: Miami (HDTV)		Intervention	Intervention "Brooke"		Paranormal
	70	70	70	APTN	News (N)	Notre People			Tam	Pachamama	Vipera (2002, Suspense) Jessica Paré.	
	50	50	50	BET	106 & Park: BET's Top 10 Live				The Cookbook ★ (2004, Comedy) Ja Rule, Tim Meadows.			Harlem Heights
	37	37	37	BRVO	Street Legal		Grasslands-Heaven		Live at the Rehearsal Hall	Live at the Rehearsal Hall		Rehearsal Hall
sports	25	25	25	CMT	Dedicated		Karaoke Star Junior (N)		Home Improve.	Home Improve.	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Comer Gags	South Park	The Simpsons	Comedy
	153	153	153	COURT	W-IVE		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Legal Briefs	Police Videos
	38	38	38	DISC	Canada's Worst Handyman		Daily Planet (N)		MythBusters		Dirty Jobs Cave biologist.	Detonator
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters
	46	46	46	HIST	Battlefield Mysteries		NCIS "Chained"		Hero Ships		Battlefield Mysteries	NCIS
	17	17	17	MM	Shot at Love-Tila Tequila		America's Best Dance Crew		disBand	Technical Diff.	Shot at Love-Tila Tequila	MusicNews
	19	19	19	MMM	MusicProfile	mmmtop10.com		Revival	Listed		Don't Forget the Lyrics!	Entourage
	201	201	201	M1	(6:15) Bee Movie ★★		Stargate Atlantis		Sanctuary "Instinct"		U.S. of Tara	The Line
	48	48	48	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Survive Hunter
family	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Underclassman ★ (2005, Comedy) Nick Cannon.			Steve Harvey
	206	206	206	PDX	(6:30) Little Nikita		(8:10) Monty Python's The Meaning of Life (1983)		To Live and Die in L.A. ★★ (1985)			
	67	67	67	RDI	RDI en direct	RDI en direct	24 Hours en 60 minutes		Grands reportages (SC)			RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Name Is Earl
	40	40	40	SLICE	The Mom Show		Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Runway
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Lost "Orientation"	Sarah Connor
	14	14	14	SPIKE	CSI: NY "All Access"		UFC Unleashed		UFC Unleashed		Ultimate Knockouts 4	Ult. Knockouts
	97	97	97	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Paris Hilton's British Friend	Tonight Show
	21	21	21	TLC	What Not to Wear		Little People	Little People	Little People	Little People	Table for 12	Jon & Kate
	56	56	56	34 TROP	What Happen?		Vanity Insanity	Reality	Reality	E News	Ground Up	Smarter
cable variety	20	20	20	TVS	Que. champion	Journal de Fr2	L'Objet du scandale		Créateurs de légende			Club social
	28	28	28	V	Nothing Too Good		Murder, She Wrote		Eyes Down	May-December	McLeod's Daughters (N)	About Mary
	60	60	60	VIVA	Mysterious Ways "19A"		Judging Amy		Commander in Chief		Commander in Chief	Dollars-Sense
	22	22	22	W	Style by Jory		Will & Grace	Friends	How Clean	Kim	Love It or List It	Dollars-Sense
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Gossip Girl (HDTV) (N)		One Tree Hill (HDTV) (N)	WGN News

critics' corner

CBC Winnipeg Comedy Festival

In "Bon Voyage," Manoj Sood brings his "Little Mosque on the Prairie" character, Baber Siddiqui, to the stage to introduce a variety of comedians riffing on the travails of travel. They include Geri Hall, Jimmy Tingle and John Wing. 9:30 PM on CBC



The Good Germany

You've heard of a baptism of fire? Mayor Jack Mackay (Gord Rand) gets a baptism of garbage in this comedy pilot about big trouble in a small city. In his second week as mayor of Germany, he welcomes a liaison from Toronto's city hall, who shows up with 300 truckloads of trash to be dumped in Germany's landfill — a deal engineered by Jack's nemesis, the ex-mayor (Chris Leavins), who wants his job back. 8:30 PM on CBC

A Decade of Live at the Rehearsal Hall

Ten years is a big, big deal in the world of television. And to do a clip show, well, you need more than an hour. So when Bravo! Canada celebrated the first decade of "Live at the Rehearsal Hall" back in 2007, it spent three hours flashing back to highlights of the show's first 50 concerts. Those three hours air back to back tonight. 9 PM on BRAVO

Weekdays @ 9pm

101.3 THE BOUNCE

Interactive NINE29

For March 27th

- Black Eyed Peas - Boom Boom Pow
- Britney Spears - If U Seek Amy
- Akon Ft Lil Wayne - I'm So Paid
- Lady Gaga - Lovegame
- Classified - Anybody Listening
- Karl Wolf Ft Culture - Africa
- Eminem Ft 50 Cent & Dr Dre - Crack A Bottle
- Soulja Boy Ft Sammie - Kiss Me Thru The Phone
- Flo Rida - Right Round

WE WANT YOU!

You could guest host the Interactive NINE@9 with Special Ed. Email: special@1013thebounce.com



Stella McCartney will be honoured with an award Monday for her environmental efforts BY the U.K. National Resources Defense Council. The designer, who refuses to use fur or leather, will receive the reward from Leonardo DiCaprio, reports Catwalk Queen. **METRO NEWS SERVICES**

Celebrity Buzz

Brit's team sues superfan

LEGAL Jordan Miller — the owner and webmaster of Britney Spears' most popular fan site, breathe-heavy.com — has spent the past five years supporting the singer, but he's about to be shut down by the pop star herself, us-magazine.com reports.

Although Miller asserts that the sole purpose of the site is "to support the icon of our generation, Britney Spears, and to continuously stick by her through the good and bad," Spears' father Jamie

has taken legal action over some of the content.

"I have been battling the conservatorship Britney is currently placed under for months now," Miller wrote in a message to fellow fans on the site's

homepage Friday.

"When I did not conform to the requests and demands Britney's management and father, Jamie Spears, recently put upon Breathe-Heavy to stay quiet, they in turn became angry and mali-

cious, launching, what I feel is an unjust attack, against me and my website."

He received a legal notice from Jamie's lawyers pressuring him to dismantle the site by Friday afternoon, or face an injunction. Spears' legal team claims the site is "replete with willful, unauthorized lyrics to songs as well as video and audio recordings and photos of Spears. The website was still online Sunday. **METRO NEWS SERVICES**



Love sued for e-smack talk

LEGAL Looks like Courtney Love needs to watch what she types. Fashion designer Dawn Simorangkir is suing the singer for an unspecified amount, claiming Love used her MySpace and Twitter accounts to bad-mouth her after a dispute over an invoice, Page Six reports.

According to the suit, Love posted online that the designer "has a history of selling cocaine, has a history of assault and battery, has a record of prostitution, has committed grand theft ... is a racist and homophobe ... (and) is a danger to society."

**METRO
WORLD
NEWS**



Voight a proud grandfather

FAMILY He's a veteran actor, but can Jon Voight really play babysitter to daughter Angelina Jolie's six children? "I haven't done it yet, but I keep asking," the 24 star told In Touch magazine.

Even though he's 68 years her senior, Jon is delighted when he hears that his two-year-old granddaughter Shiloh looks like him. "Of course! It makes my heart very warm to hear that," he gushed.

**METRO
NEWS
SERVICES**



Madonna adopting again

PEOPLE U.S. pop singer Madonna arrived in Malawi on Sunday ahead of a court examination this week of her bid to adopt a second Malawian child, a girl called Mercy James, officials said.

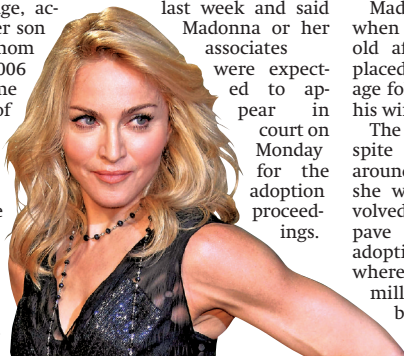
An employee said Madonna had checked into an exclusive lodge, accompanied by her son David Banda, whom she adopted in 2006 from the same Mchinji Home of Hope orphanage where four-year-old Mercy lives.

The employee said David's biological father Yohane Banda was at the lodge to see his son.

Some Malaw-

ians opposed David's adoption, accusing the government of skirting laws that ban non-residents from adopting children. Critics say Mercy's adoption would also violate Malawi's laws.

Court clerks confirmed the name of the child last week and said Madonna or her associates were expected to appear in court on Monday for the adoption proceedings.



The local Nation newspaper this month quoted Madonna, 50, as saying Malawian friends had told her David needed a brother or sister and that she would consider adopting another child, but only with the support of the Malawian people.

Madonna took David when he was 13-months-old after his father had placed him in an orphanage following the death of his wife.

The singer has said despite the controversy around David's adoption, she was happy to be involved in a case that might pave the way for more adoptions in Malawi, where an estimated one million children have been orphaned by AIDS. **REUTERS**

Leo paints Kids' Choice green

PEOPLE Nickelodeon's 22nd Annual Kids' Choice Awards was especially green this year, femalefirst.co.uk reports.

Not only was there plenty of green slime, but the children's cable network gave out its first-ever Big Green Help Award during the show.

Cameron Diaz presented Leonardo DiCaprio — "the coolest guy on this hot planet," she said — be-

cause of his contribution to environmental issues, including his Leonardo DiCaprio Foundation.

"Do you like this planet that we live on? Is this an awesome place to live or what?" DiCaprio told the audience. "Well, it's the only place we've got ... We need all of you, the next genera-

tion, to take action. In fact, I bet someone watching this very show tonight will be a part of the solution to global warming."

**METRO NEWS
SERVICES**



I've never met grandkid: Tori's mom

PEOPLE In a new interview for ABC's 20/20 that aired this weekend, Candy Spelling says she's never met her granddaughter, msn.com reports.

Spelling, widow of TV mogul Aaron Spelling and

mother of Tori Spelling, says she's never met nine-month-old Stella, Tori's daughter with husband Dean McDermott. The couple also has a

two-year-old son named Liam.

"I would love to be close to my grandchildren," Candy told 20/20 co-anchor Elizabeth Vargas. "I'm the only grandparent that's living. So, I'm it. And — I've never even met Stella."

METRO NEWS SERVICES



Robert's scary on-set accident

PEOPLE Robert Pattinson required medical help after a metal sign smashed into his head on a film set, femalefirst.co.uk reports.

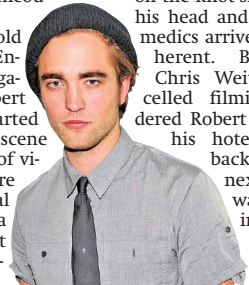
The British actor was reportedly left dazed and bruised when the advertising sign knocked him over during shooting of New Moon in Vancouver.

A source told National Enquirer magazine: "Robert had just started shooting a scene when a gust of violent wind tore a heavy metal sign from a post. It shot across loca-

tion so fast no one even managed to shout a warning at Robert. It hit him on the head and he dropped to the ground lying dead still. Cast and crew ran to help."

The source added: "Robert finally came around. The crew put ice on the knot-sized lump on his head and by the time medics arrived he was coherent. But director Chris Weitz still cancelled filming and ordered Robert to return to his hotel. He came back to set the next day, but was still sporting a lump."

**METRO NEWS
SERVICES**



Rihanna's rebound?

RUMOUR Though Rihanna is taking time apart from Chris Brown, she is not spending it with Bromance star Frankie Delgado, he tells People magazine, at least not in a romantic sense.

Despite rumours circulating on the Internet, Delgado said Saturday he and Rihanna are "just friends."

Delgado, who starred in MTV's The Hills and Bromance, believes the chatter got started because "she's been out, hanging out, I guess. It's Hollywood, people talk a lot."

Asked how she is doing, his reply was only, "She's good."

The singer recently returned to L.A. after a trip to New York City, where she had business meetings and spent time with her manager, her

mentor Jay-Z, Beyoncé and Brandy.

"She is looking forward to getting back to work and focusing on her career again," a New York source told People, adding that Rihanna's trip was also designed to help her "clear her mind and take things one day at a time."

**METRO NEWS
SERVICES**



Katy loves long-distance

PEOPLE Katy Perry "loves" long-distance relationships, femalefirst.co.uk reports.

The singer — who split from Gym Class Heroes rocker Travis McCoy this year — prefers not to see her boyfriends every day so she can spend time alone and treasure the days they have together.

She explained: "I

love long-distance relationships. I love my space, and that feeling of not being able to see someone and then seeing them again for a week.

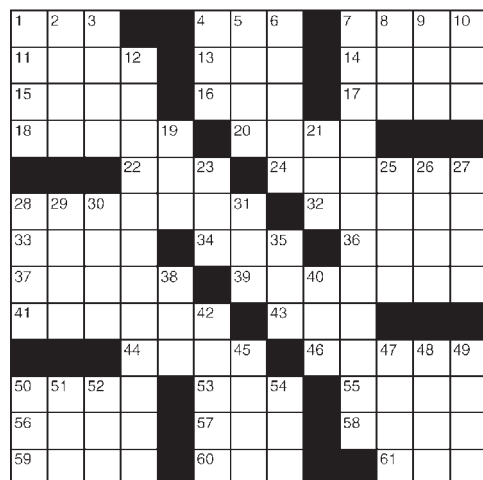
"You really appreciate that moment, turning the phone off and cuddling in bed and ordering in food. That's fun to me."

**METRO
NEWS
SERVICES**



For more delicious Metro recipes, visit: metronews.ca/food

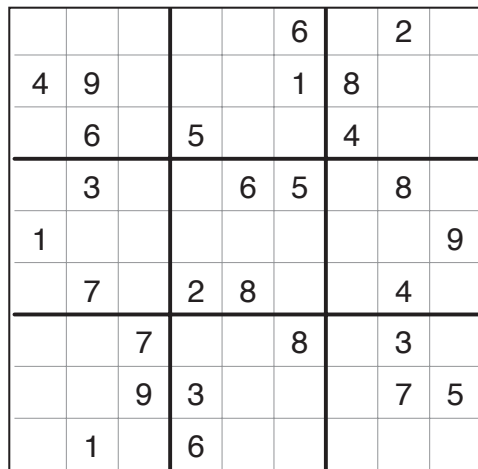
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



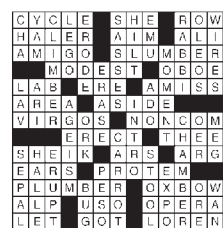
Crossword across

- 1 History chapter
4 Recede
7 Note to self, e.g.
11 Co-ed quarters
13 Stout cousin?
14 Verve
15 Concept
16 Dress (in)
17 Otherwise
18 Tropical timber trees
20 Coated with gold
22 Dawn goddess
24 Acceptable
28 Splendour
32 Form
33 PC picture
34 Morning moisture
36 Facility
37 Disreputable
39 It may say "Home Sweet Home"
41 Motion detector, e.g.
43 Neither mate
44 Unstable particle
46 Brandy flavour
50 Pinnacle
53 Cranberry territory
55 Old portico
56 Angry
57 Greek mountain
58 Former frosh
59 Put in the mail
60 Profit
61 Chaps

Crossword down

- 1 Tend texts
2 Took the bus
3 Vicinity
4 Have breakfast
5 Online journal
6 Start
7 Tim Russert's longtime show
8 Right angle
9 More, to Manuel
10 Indivisible
12 Just stay within your budget
19 "Mayday!"
21 — Angeles
23 Norm (Abbr.)
25 False idol
26 Church section
27 Antelope's playmate
28 Fail to hit
29 Rue the run
30 Rivers or Collins
31 "Of course"
35 Ashen
38 Second person
40 Swab the deck
42 Batman's partner
45 Protuberance
47 Teensy bit
48 Get by somehow
49 Nobel chemist Otto
50 Venomous snake
51 Bill and —
52 Wife's address
54 "Roscoe"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	3	4	8	9	5	6	1
6	4	9	1	3	5	8	7	2
5	1	8	2	7	6	3	4	9
2	3	6	9	4	8	1	5	7
4	7	1	5	6	3	9	2	8
8	9	5	7	1	2	4	3	6
9	8	4	3	2	7	6	1	5
1	5	2	6	9	4	7	8	3
3	6	7	8	5	1	2	9	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Stir-Fried Beef with Mango

INGREDIENTS:

- 1 lb (500 g) lean steak
3 garlic cloves, finely chopped
1 tsp (5 ml) sugar
1 tsp (10 ml) low-sodium soy sauce
1 1/2 tbsp (20 ml)
DRESSING:
2 tsp (10 ml) paprika
2 tsp (10 ml) mild chili powder
1 1/2 tbsp (20 ml) honey
1-in. (2.5-cm) piece fresh ginger, grated
1 cup (250 ml) water
4 tbsp (60 ml) vinegar
Juice of 1 lime or lemon

SALAD:

- 1 mango, peeled and cut into strips
2 plums, sliced
1/4 medium red cabbage
2 cups (500 ml) watercress leaves
1/2 cucumber
1/2 red pepper
3 scallions, sliced on the diagonal
1/4 cup (50 ml) mixed fresh mint and cilantro
2 tbsp (25 ml) chopped roasted unsalted peanuts

METHOD:

1. For dressing, put paprika, chili powder, honey, ginger and vinegar in a

pot and slowly add water, stirring. Boil, then reduce heat to low and simmer 5 minutes. Remove from heat and stir in lime or lemon juice. Set aside.
2. Shred cabbage, cut cucumber into matchsticks and cut pepper into thin strips. Combine salad ingredients, except peanuts, in shallow serving dish and toss. Set aside.
3. Cut steak into thin strips for stir-frying. Put steak into bowl with garlic, sugar and soy sauce and mix to coat steak. Heat wok or frying pan on high heat, then add oil. Add beef and stir-fry until strips are browned and cooked to taste.
4. Spoon stir-fried beef over salad, drizzle dressing and sprinkle with peanuts. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20



You must avoid lonely people all day. A cafe is not the best place to buy electronics. A job search needs to be more realistic.

LIBRA

SEPT 23-OCT 23



An increase in socializing will be a delight. It's an inconvenience to overlook a mediocre man. A friend gives you a hassle-free choice.

TAURUS

APRIL 21-MAY 21



Let nature take its course with a former adversary. A peer is dealing with too much in a family situation. An unhappy person has a secret admirer.

SCORPIO

OCT 24-NOV 22



It's easy to roll out the red carpet for a pal. Poor memory helps you withstand boredom. A chaotic moment arises due to a refusal.

GEMINI

MAY 22-JUNE 21



A condescending woman brings some news. You have a troubled conscience. A planner needs an aggressive strategy.

SAGITTARIUS

NOV 23-DEC 21



An enthusiastic helper appears to withstand fears. Paranoid fantasies provoke snide remarks. Make a valued alliance with a thinker.

CANCER

JUNE 22-JULY 22



A conspirator concentrates on security. Freedom comes from being realistic. You'll be on the receiving end of a shocking fact.

CAPRICORN

DEC 22-JAN 20



A powerless man gives up the chase. Invest in apparel and appliances. Women will demand more of your time.

LEO

JULY 23-AUG 23



A confused person is working too hard. A difficult situation eases up and a problem is resolved. Mark out your territory with a tough response.

AQUARIUS

JAN 21-FEB 18



You'll make a discovery when you focus. Give a fascinating speech at a get-together. Anything is possible if you look within.

VIRGO

AUG 24-SEPT 22



Communicate openly with a rescuer. Smile at a loser to boost their self-esteem. An innocent person wants to find wisdom.

PISCES

FEB 19-MARCH 20



A practical joker could give you the giggles. A thick-skinned person gets cross-examined. There'll be last-minute chores to perform.

FLIGHT CENTRE Unbeatable

PUERTO PLATA
EASTER HOLIDAY

FROM \$565

+ taxes & fees \$313
INCLUDES roundtrip airfare, transfers and 7 nights
4-star all-inclusive accom over Easter.

1 866 967 5402 | flightcentre.ca

Conditions apply. Ex-Halford. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.



Over 140 Discount Outlets... 100 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

THANK YOU!

The patients and staff of the Transitional Care Unit (VG) would like to thank Anne Marie, owner and operator of Clay Time Café (www.claytime.ca).

Anne Marie donated her time and materials to help us work toward our goal of making the TCU a more home like environment. Thanks Anne Marie!

4 Great Vehicles... ONE Great Price!



2008 Charger

Pw, Pdl, Cruise, A/C,
Tilt, Alloys, Spoiler, Low Kms

~~\$18,995~~
\$15,777*

Was \$31,563 New!



2008 Sebring

Pw, Pdl, Cruise, Tilt, Lth,
Sunroof, A/C, Alloys,
Low Kms

~~\$18,995~~
\$15,777*

Was \$29,687 New!



2008 Avenger

Pw, Pdl, Cr, Tilt, A/C,
Sunroof, Alloys, Spoiler,
Low Kms

~~\$18,995~~
\$15,777*

Was \$28,564 New!



2008 Grand Caravan SE

3 Zone Climate Control, Pw, Pdl,
A/C, Cruise, Tilt, Stow 'N' Go,
7 Passenger, Tinted Windows

~~\$18,995~~
\$15,777*

Was \$29,320 New!

Plus...

Receive a FREE Gift!

Purchase any of these vehicles at
the recently slashed prices before
March. 28th and choose one of the
following gifts...

Autostart
Car
Starter

26" Flat
Screen
TV

\$300
Online
Shopping



DARTMOUTH
CHRYSLER JEEP DODGE

Where Nova Scotia Comes to Save!